

Jennifer on Losing, Living, and How She's Helping Fight Hunger (& You Can Too!) see p24

September/October 2010

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- ENJOY SALTY & SWEET p84
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PHOTOGRAPHY: ERICKA MCCONNELL (WOMAN); RENEE COMET (CANDY CORN).



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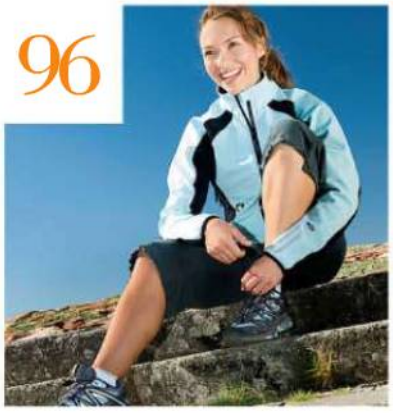


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PHOTOGRAPHY: MIHA MATEI (STEW); JEFF HARRIS (STILL LIFE); JUMPFOTO (WOMAN).

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A Good Cause for Losing



A LETTER FROM THE PRESIDENT AND CEO OF WEIGHT WATCHERS INTERNATIONAL

Fall is increasingly becoming my favorite time of the year, due in no small part to Weight Watchers annual charitable campaign, **Lose For Good®**. We are going into our third **Lose For Good** campaign, and it's come a long way. Last year our members collected approximately 2 million pounds of food, which was given to local food banks. Members and Weight Watchers Online subscribers lost approximately 4 million pounds, which enabled Weight Watchers to donate $1 million to Share Our Strength, a national organization working to make sure no kid in America grows up hungry, and Action Against Hunger, an international humanitarian organization committed to ending world hunger. We're incredibly excited about 2010 and confident that it will be a big year for the initiative.

For those not familiar with Lose For Good®, here is the basic premise: As members and Online subscribers lose weight and participate in various **Lose For Good** activities, Weight Watchers will donate up to $1 million to help feed children and families in need. Plus, there are many other ways to get involved, from contributing to local food drives to buying **Lose For Good** T-shirts. For the third year in a row, doing good for ourselves means doing good for others: Kids and families get healthy meals, and members and Online subscribers can get to a healthier weight.

When we first began **Lose For Good,** we were struck by the number of people who were seeking to adopt a healthier lifestyle by consuming fewer calories while so many others couldn't get enough to eat. The idea of helping your neighbor while improving your own life seemed like a no-brainer, yet it was incredibly compelling.

It is becoming increasingly clear that obesity and hunger are two sides of the same coin. Rates of obesity in the United States are higher in the most economically deprived communities, the communities in which the only available or affordable food is high in calories and of limited nutritional value. These communities are often located in areas known as food deserts because they lack access to nutritional foods.

The beauty of the **Lose For Good** campaign is that by donating food to local food drives and participating in different campaign-related activities, we can help alleviate the hunger of people living in economically deprived communities. Organizations like Share Our Strength are now giving equal weight to solving the problem of childhood hunger and to solving it in a nutritionally balanced way. Action Against Hunger is doing the same thing overseas. They are both wonderful organizations, and I'm proud to be their partner.

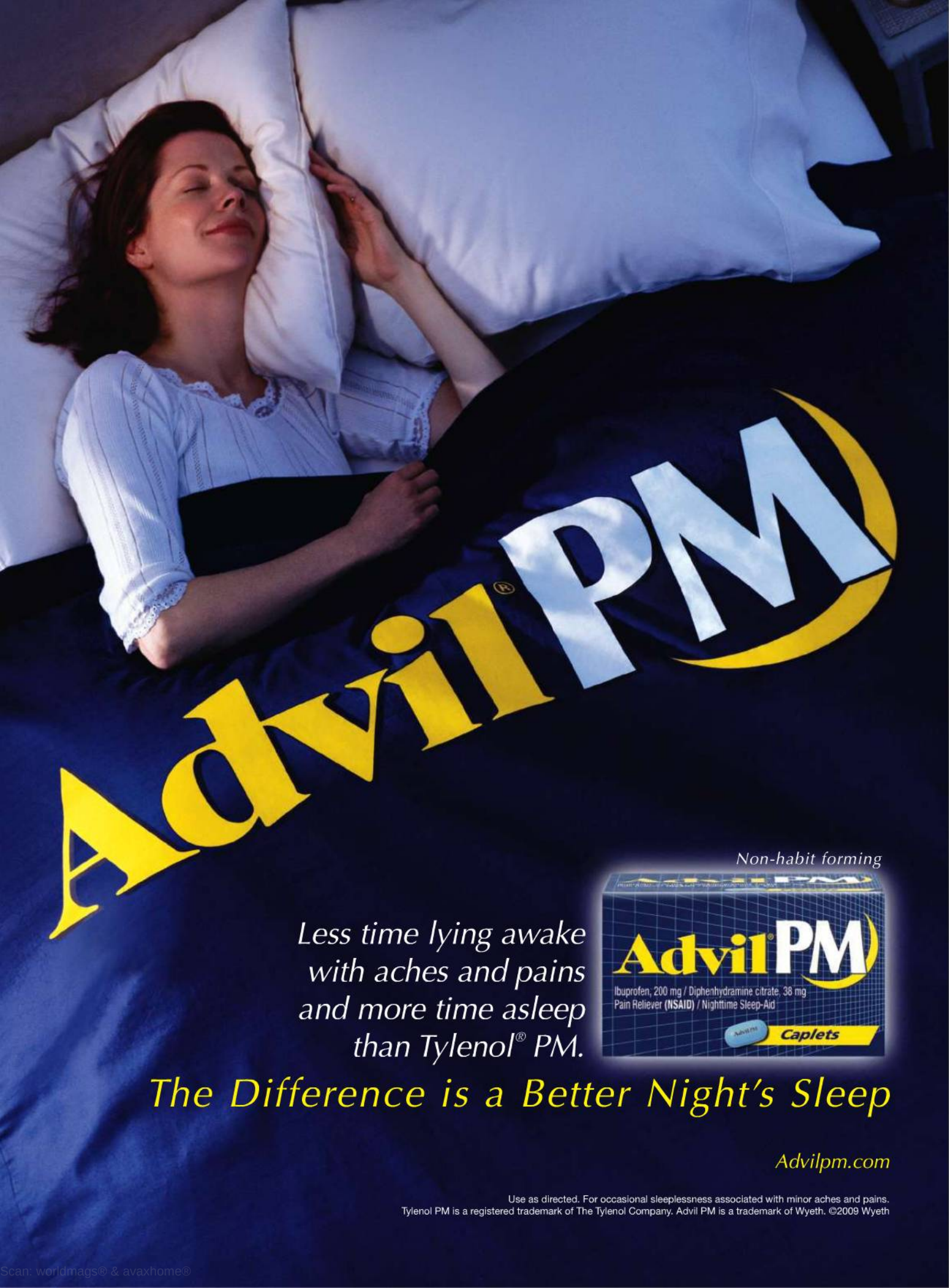
Helping to alleviate hunger and to reduce obesity through better nutrition is an achievable idea whose time has come. I'm proud, too, that our vast Weight Watchers community will coalesce for a 7-week campaign that can have a meaningful impact on this very concept. I hope you'll join us in 2010!

WeightWatchers LOSE FOR GOOD®

DO GOOD, FEEL GOOD
For more information on Share Our Strength and Action Against Hunger, visit strength.org and actionagainsthunger.org.

David Kirchhoff
PRESIDENT AND CEO
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Winners, big losers & role models

I've met (and read) a lot of success stories while working at *WWM:* A little back-of-the-envelope math puts the tally in the thousands! So you'd think I'd be blasé about the whole thing. But, truth is, I'm really not, especially when I meet members at goal: They often are incredibly joyful and just plain happy when telling their story. It reminds me just how important our work is to so many people.

I had one of those reminder moments when I met the finalists of the 2010 Weight Watchers Role Model of the Year Contest the night before their big photo shoot (see the stunning results, p. 106). Sarah, Alycia, Heather, Catherine, Alexandra, and Arlene all echoed similar sentiments: They already felt like winners, because losing weight had changed their lives so dramatically for the better; being chosen as a finalist in the contest was icing on the cake (low ***POINTS*** values of course!). Every one of them was so excited, enthusiastic, and gracious—their energy was so positive it was infectious!

The "guest" of Role Model finalist Alycia: her 11-year-old son, Michael, who logged his first trip to New York City for this event.



I hope the shots of these lovely women will inspire you. I want to send out some of their positive energy to you—in the hope it will provide you with a little fuel to jump-start or reinvigorate your own efforts and remind you (as it reminded me) that anyone and everyone has the potential to reach her or his goals.

Nancy Gagliardi
Editorial Director

Hit the Trails!

Rails-to-Trails Conservancy came to my town a few years ago, and I became a trail-walking and biking convert. I'm happy to report that countless others have followed suit. Read why you should, p. 96.

What are you going to be for Halloween this year?



Vicki Salemi, writer
Goal Stories
p. 32

"The classic Wonder Woman. She's a powerful character with awesome accessories, from the bracelets and belt down to those red boots."



Stacy Beneke, hair and makeup
"Jeans for All!"
p. 48

"Dora the Explorer. She travels all over the globe and sends a positive message to children everywhere."



Amy Capetta, writer
"A Day in the Life of Your Neck"
p. 59

"I like to dress up as someone who's controversial but attractive, so I'm going to do a repeat from 2 years ago and go as Sarah Palin."



David A. Land, photographer
Goal Stories
p. 32

"I'll be a beekeeper, and my 10-month-old son will be a bee!"



GREAT NEWS ***Weight Watchers Magazine*** **is now available in a digital edition (1 year [6 issues] for $9.99), which means you can get a shot of motivation in an instant and keep a virtual archive of your favorite recipes. Go to Zinio.com/WeightWatchers for a preview issue to try out for yourself.**

What helped you reach your goals in this issue? E-mail me at **nancy@weightwatchers.com.**

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1 tsp. dried thyme
1 tsp. garlic powder
½ tsp. salt
1 c. water
soft sandwich buns

DIRECTIONS

Combine all seasonings in a small bowl and rub evenly over roast. Place meat in a 6-quart slow cooker. Add water. Cover and cook on LOW for 6-8 hours or on HIGH for 4-5 hours or until pork is very tender.

Place pork on large cutting board or platter and let rest for 10-15 minutes. Pull, slice or chop to serve. Serve in buns with barbecue sauce.

Serves 16-20

TheOtherWhiteMeat.com

pork

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Summer Success!



Tell us what you think! E-mail us at **wwmeditor@weightwatchers.com.**

Food Talk

The Shrimp Pad Thai recipe (Jul/Aug 2010) is wonderful—it is full of flavor and great vegetables. This is really better than what I've had in most restaurants. *–Linda V.*

My husband and I absolutely loved the Shrimp Pad Thai! We didn't have rice noodles, so we used whole-wheat spaghetti. Divine! *–Jessica E., MA*

I made the Creamy Potato Salad (Jul/Aug) yesterday, and it was so good! My friends and family liked it too. *–Miss_Liss, via WW message boards*

I tried the Smoky Barbecue Beans (Jul/Aug). It was delicious. I highly recommend it. *–BPoulin, via WW message boards*

Note from the Food Editor
In the Jul/Aug issue, the bonus recipe on pg. 119, Grilled Veggies, has a ***POINTS*** value of ***0***, not ***1***.

Now or Never

The editor's comment (Jul/Aug 2010) stood out to me. She asked: "What's really holding you back?" I am now committing once again to losing weight. *–Nancy W., WI*

Freestyle Fun

I've taken several swimming lessons, but "Hit the Pool" gave me insight on how to make my swim more streamlined. The pool rules were a big help too. *–Irene J., Canada*

I swim to help with my back pain. But I don't know how many Activity ***POINTS*** I earn. Some guidance, please? *–Theresa C.*

EDITOR'S NOTE *A 150-lb. person swimming for 30 minutes at a moderate level would earn* ***1 POINT.*** *To calculate, go to the eTools Activity* ***POINTS*** *calculator.*

WWM report card for our July/August issue

A I loved the easy recipes, especially those with few ingredients. And the weight-loss success stories were inspirational. *–Patty W., MA*

B+ I loved the recipes and some of the articles. But because I live alone, I would really like to see more recipes for just 1 or 2. *–Jana F., AL*

D– I am sick of seeing models with perfect faces and bodies. Please use WW Leaders, members, and readers instead! *–Tracy M., OH*



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Join the Panel

Interested in being a part of *WWM*'s network of readers? E-mail your name and address to wwmreaderpanel@weightwatchers.com. You may be called on to test beauty products, try the latest fitness gear, or just weigh in on the topics that matter most as you're trying to lose.

The stories in *Weight Watchers Magazine* represent members' individual experiences. Eating patterns, activity levels, and adherence all play significant roles in determining weight loss and maintaining that loss. For many people, weight loss is temporary. Ask at our centers for details about our maintenance record. Check with your physician before beginning or dramatically changing a fitness routine.

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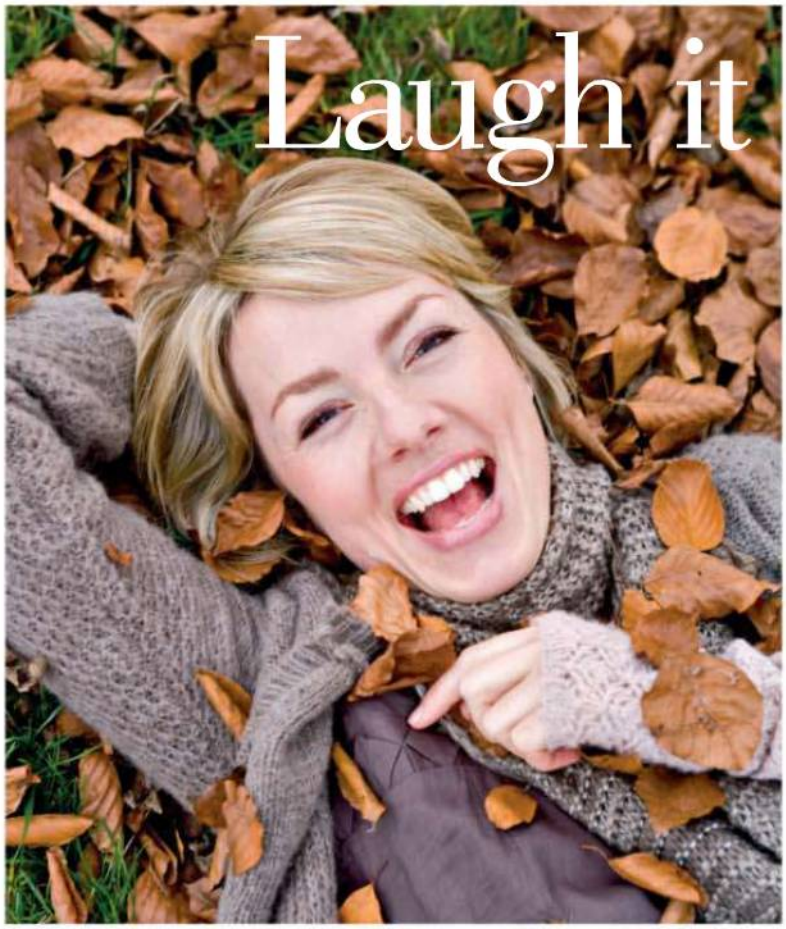
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Laugh it off?

Could getting your giggle on boost your weight-loss efforts—and your health? Take a look:

1 Whoop it up for your waist A Vanderbilt University study found that a daily bout of laughter may help you burn an extra 10 to 40 calories a day. A good chuckle is no replacement for watching what you eat, but it may help move the scale in the right direction. Researchers determined that you expend more energy (and therefore burn more calories) when you're laughing than when you're at rest.

2 Laugh to lower glucose Preliminary research from Japan suggests that laughter may actually reduce glucose levels in people with type 2 diabetes—nothing to laugh at.

3 Ha-ha for heart health A growing body of research in the United States suggests that joyous laughter may have positive effects on your arteries, blood pressure, and cardiovascular system. So watch a funny movie tonight—doctor's orders!

IT'S A GROUP THING

Hoping to up your fitness this fall? Try trading in your solo workout for a group class. A survey by the International Health, Racquet, and Sportsclub Association found that **those who participate in group fitness classes typically get to the gym one day a week more than those who go it alone.** The likely reason? Classes provide a social atmosphere that may make you more likely to stick with them. To find a class that suits you and isn't a time suck, look for one that's a multitasker (meaning you'll get multiple benefits from one session). Many gyms now offer shorter, higher intensity workouts so you can work up a sweat while toning arms, abs, *and* legs in 30 minutes (or less). Or opt for a slightly longer two-in-one class that works multiple muscles groups, like Pilates and yoga (PiYo) or Spinning and yoga (SpiYo).

WHAT'S UP WITH... KEFIR?



Found in most natural-food stores, kefir is a tart, drinkable cultured-milk product that you can blend with fresh fruit or use in place of milk on your cereal. But is it more nutritious than that other probiotic star, yogurt?

THE CLAIM **Manufacturers say that kefir contains significantly more protein than yogurt. In addition, they report, it's easier to digest.**

THE REAL STORY On average, kefir packs **a whopping 11 g protein versus yogurt's 5 g, making it a protein powerhouse.** Preliminary research suggests it may also improve lactose tolerance, because it breaks down gas-causing milk sugars and has smaller curds than yogurt, which are easier to digest.

BOTTOM LINE Kefir has around 8 g fat per serving, so seek out low-fat versions, such as Lifeway Foods Low-Fat Plain; 1 cup has ***2 POINTS*** value.

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Shelf life

Looking to lose weight? Cornell University researchers have found that people who take the time to reorganize their kitchen pantry find it easier to stick to a weight-loss plan.

TOP SHELF Place snack foods here so they're not readily accessible. Stock this shelf with 100-calorie packs, baked potato chips, dark chocolate, low-fat peanut or almond butter, popcorn, and dried fruit.

MIDDLE SHELF Here, keep a stash of ingredients that you can use to make fast, healthy side dishes. Think whole-grain pasta, brown rice, and quinoa. Also use this shelf for whole-grain cereals, oatmeal, and spices.

BOTTOM SHELF Make this your go-to shelf for whipping up quick meals. Keep canned goods, such as broth-based soups, water-packed tuna, and beans on hand. Also store oils (olive, canola) and vinegars (white wine, balsamic, cider, rice wine), both for cooking and for salad dressings.



Not sure when you purchased that spice? Sprinkle a bit on your hand and sniff. If the aroma's weak, it's time to replace it.

Book a Healthy Date

Sept 9 **ROSH HASHANAH** It's considered good luck to dip apples in honey on the Jewish New Year, but you can use the healthy treat to satisfy your sweet tooth anytime.



Sept 23 **FIRST DAY OF AUTUMN** Check out the foliage on foot. Then make leaf rubbings by arranging your favorites (vein side up) on a piece of white paper; cover them with a second sheet and gently rub a crayon over the top sheet.



Oct 11 **COLUMBUS DAY** Cook some pasta primavera tonight to honor Christopher Columbus. Use an array of fresh fall veggies like squash, parsnips, and broccoli. Now *that's* amore!



THE SCOOP

COULD THE GLOBAL OBESITY EPIDEMIC be chalked up (at least in part) to something called endocrine-disrupting chemicals, or EDCs? Some experts say it's possible. In fact, **the White House Childhood Obesity Task Force recently released a report in which fetal exposure to EDCs is cited as one likely factor for increased obesity in the United States.** Scientists have coined a term for these chemicals, *obesogens*, because, the task force reports, they are thought to promote weight gain and obesity. Experts speculate that EDCs—found in household products such as insecticides, plastic bottles, and food-can linings—may affect appetite and satiety. **TIP** Most experts still believe that too many calories coupled with too little exercise is the main factor behind the obesity epidemic, but one way to reduce your exposure to EDCs is to avoid reheating food in plastic containers that are not labeled "microwave-safe."

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GULF UPDATE



"Is my seafood safe?"

Whether you're cooking at home or dining out, seafood is a smart choice, since many types are high in omega 3s and low in calories. Still, the long-term effect of the oil spill on fish and shellfish from the Gulf of Mexico remains to be seen. Here, some tips for making smart choices at supermarkets or restaurants:

CONCERNED ABOUT...SAFETY?
A ban imposed in early May on fishing in oil-affected waters has likely prevented tainted seafood from reaching your dinner table. However, experts suggest that you might also want to avoid buying frozen crab, shrimp, and oysters from the Gulf, since any of those creatures caught before the ban was imposed are more likely than fish to have retained toxins. Instead, opt for shellfish from the Pacific Ocean or Asia. If you're concerned about the long-term effect that cleanup chemicals will have on seafood (even after the ban is lifted) make some simple swaps: Serving fish fillets? Replace red snapper from the Gulf with rockfish (caught on the West Coast). Eating sushi out? Order Pacific yellowfin tuna rather than bluefin.

CONCERNED ABOUT...RISING PRICES?
You're not alone. Seafood prices have already jumped as a result of the spill, and they're expected to continue to rise. Stretch your dollar by buying seafood on sale and freezing it.

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IDEA WE **LOVE!**

A Healthy "Car Pool"

The concept of the walking school bus was created by the Australian author David Engwicht (*Reclaiming Our Cities and Towns*, New Society, 1993) and adopted by local governments in the United Kingdom during the late '90s. Now it's catching on in the United States too. The idea is to have one or more adults walk a group of children—who would normally take a bus or get a ride—to school. Want to put the concept to work in your neighborhood? Here's how to get started:

1 **Put out feelers** Invite families you know who live nearby to participate. Start with just a handful of people whom you know you can trust. Aim to have one adult walk with every six young children; fewer grown-ups are needed for older kids.

2 **Take a test walk** When mapping out a route, ask yourself: Are there sidewalks or paths to walk on? Are there crossing guards, traffic lights, and stop signs? Does the environment feel safe (for example, could vicious dogs pose a threat)?

3 **Recruit potential partners** Make school administrators, law-enforcement officers, and community leaders aware of your plans so they can help with safety concerns.

For more safety tips, go to **walkingschoolbus.org**.

PHOTOGRAPHY: SEAN JUSTICE/ALAMY.

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With one sip, you can taste what's different about Silk. We take extra care to select only the best beans, grown without genetic engineering right here in North America. And unlike other soymilks made from chemically extracted soy protein, we use only whole harvested soybeans to ensure that every glass of Silk is perfectly nutritious – and smoothly delicious.



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goal

Feeling lucky?

Preliminary research on the science behind chance suggests that those who take advantage of happenstance are especially likely to achieve their goals. How can you apply this thinking to weight loss? Seek out unusual opportunities for success, and you'll make your own luck!



Try a new restaurant, fitness class, or supermarket. Shaking things up will boost your odds of hitting on new ideas for losing.

Exploit good fortune. A friend canceled your dinner date? Lucky you! Cook your favorite healthy meal at home instead; then turn in early.

Be positive. A little optimism may make you more receptive to luck. Example: "Yes, I gained a pound, but I'll start fresh this week and aim to lose 2."

PHOTOGRAPHY: WALTER B. MCKENZIE/GETTY IMAGES.

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My Big Crush



THIS READER'S GOAL To enjoy her wine while still losing weight



Kim Shearer
Home **Cortez, FL**
Age **23**

HOW SHE MAKES IT HAPPEN

After 12 hours on her feet in the kitchen of her family's fish restaurant, Kim can't wait to sit down with a glass (or two) of merlot. To plan for happy hour with her husband, she makes sure to keep her ***POINTS*** values in check at all three meals and skimps on snacks, despite her long day.

THAT'S SMART! It's great that Kim has a light breakfast and lunch to accommodate her nightly vino fix. However, since she works all day and doesn't eat dinner until 8 p.m., she could use a heartier afternoon snack (popcorn alone won't cut it) so that she doesn't go overboard at dinner. By drinking one less glass of wine, Kim will save enough ***POINTS*** values for a filling 4 p.m. snack, like apple slices with fat-free Cheddar cheese.

VINO FAN? Fit a glass of wine into your day by following these tips:

- **Do red instead of white** Kim's favorite merlot—as well as other reds—encourage slower, more leisurely sipping. For most wine drinkers, whites tend to go down more easily (read: faster).
- **Think in halves** Say you allot ***2 POINTS*** values for wine. Divide that serving (4 ounces) into two portions so you get a "second" glass. Use a small port or sherry glass so you feel as if you're getting a larger serving; savor one glass before dinner, another after.
- **Buy flight-size bottles** You may not find the most upscale labels, but you will get automatic portion control. If the single-serving trick works for snacks, it can work for vino! Wine snob? Consider half bottles instead of full-size. You can choose from an array of varietals—while still improving your portion control.

EXPERT: WEIGHT WATCHERS LEADER CHRIS HUBBARD.

KIM'S FOOD DIARY

breakfast
1 c high-fiber cereal with 1 c milk and ½ c blueberries *(4½)*

lunch
1 veggie burger with lettuce, tomato, onion, pickle, and mustard on a whole wheat sandwich thin *(3)*
1 small apple *(1)*
1 c plain fat-free yogurt *(2)*

snack
5 c air-popped popcorn with garlic spray and popcorn seasoning *(1)*

dinner
2 (4-oz) glasses merlot *(4)*
wonton soup (with 2 wontons) *(2)*
1 egg roll *(4)*
1 mini–crab Rangoon *(1)*
½ c chicken and broccoli with ½ c rice *(3)*

TOTAL *POINTS* VALUE: 25½
***POINTS* VALUES OVER TARGET: 2½**
***POINTS* VALUES ARE ESTIMATES.**

KIM'S VERDICT "I can live without the second glass of wine—especially if it means I get a hearty afternoon snack."

PHOTOGRAPHY: GETTY IMAGES.

BY VICKI SALEMI

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McCormick®

Live deliciously™





Full of inspiration

Full of flavor

Free of salt

Perfect Pinch®

Garlic & Herb Lemon Chicken

Prep Time: 10 minutes Cook Time: 20 minutes

1/4 cup flour
1 tbsp. **McCormick® Perfect Pinch® Garlic & Herb Seasoning**
1 lb. thinly sliced boneless skinless chicken breast halves
2 tbsp. oil
1 cup chicken broth
1 tbsp. lemon juice
1 tbsp. chopped fresh parsley

MIX flour and Seasoning in shallow dish. Reserve 1 tablespoon. Moisten chicken lightly with water. Coat evenly with remaining flour mixture.

HEAT oil in large nonstick skillet on medium heat. Add 1/2 of the chicken; cook 3 minutes per side or until golden brown. Repeat with remaining chicken, adding additional oil if needed. Remove chicken from skillet; keep warm.

MIX broth, lemon juice and reserved flour mixture. Add to skillet; bring to boil, stirring to release browned bits in skillet. Stirring frequently, cook 5 minutes or until sauce is slightly thickened. Spoon over chicken. Sprinkle with parsley.

Makes 4 servings.

For more great-tasting recipes, visit perfectpinch.com



Available in 18 seasoning blends including 5 salt-free

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StarPower

With her fame in full tilt, the actress/singer/mom talks about the spotlight–and her new body.

Dateline: Fall 2010 From splashing into Cannes in the spring, to filming *Winnie* (the biopic based on the life of Winnie Mandela) over the summer in South Africa, to rocking an international album tour, this has been the Year of Jennifer. Images of her glowing face and newly trim shape have left even longtime fans in awe, but most inspiring: In a year filled with the challenges of career, travel, and being a first-time mom, JHud has used her passion for the Program to stay grounded and on track when it comes to her weight-loss goals.

A HEALTHY ENTOURAGE

One of the biggest secrets to Hudson's success has been an unexpected support network. After Jennifer started the Program earlier in the year, her sister, a cousin, and other family members and friends got on board. Having the whole family involved has kept Hudson fired up about losing. "A lot of my relatives have now joined the Program—they feel inspired by my success," she says. The result? Hudson family events exude a strong WW vibe: "Every time we get together, we're talking about ***POINTS***—it almost feels like a meeting!" she laughs.

A NEW POV ON FITNESS

As the pounds come off, Jennifer is turning to fitness to tone her arms, legs, and abs—results that are clearly visible to anyone who has seen recent shots of the star's enviable biceps and her long, lean frame. Her golden rule? To break a sweat every day. After giving birth to son David, Jennifer started walking regularly. Fast forward to David's first birthday and

TRAVEL ADVISORY

When in South Africa, where nutrition labels are different from those in the United States, Hudson found that using package labels became an exercise in frustration. What she ultimately learned was that when you're out of your comfort zone and can't reliably calculate ***POINTS*** values, you're better off choosing foods *without* labels because the ***POINTS*** values of these foods are universal. Thus Hudson found herself more reliant on whole fresh foods like apples, pears, and veggies–a good take-home lesson for anyone!

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the star now tackles an intense 5-day-a-week, 25-minute cardio regimen. "It's not a huge time commitment, but the results are real," she says.

A GLOBAL MEMBERSHIP

Having been on the road most of this year, Hudson has mastered the art of living abroad on WW, an especially tough prospect in France. "I would order fish thinking it would be healthy, but then it would arrive covered in cream sauce," she says. While the challenges were daunting, it's how Hudson surmounted them that's motivating: "If I couldn't calculate the ***POINTS***, I'd scrape the sauce off and just have a small portion of fish and maybe a piece of bread and some vegetables," she says. Convinced that the scale would show a gain, Hudson was shocked when she actually *lost* weight after her week in France. "I had already incorporated the Program into my life so much I didn't even realize it. That was a huge moment for me—I was so proud when I realized that not only *can* I do this, but I *am* doing it!"

LOSE FOR GOOD®!

Hudson speaks up about Weight Watchers annual charitable campaign, Lose For Good:

"Kids in our own country and abroad are in need of food right now, and we need to do something about it. As a mom, knowing that kids are going hungry breaks my heart. That's why I'm so happy to be involved in this campaign. You can lose weight while helping families that are in need—that's success!"

LOSE FOR GOOD®

For more information on how to get involved, visit a participating Weight Watchers meeting.



PHOTOGRAPHY: SALLY SHORKEND (HEAD SHOTS); GETTY IMAGES (JENNIFER STANDING).

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Are you *really* hungry?

If not, you're bound to eat the wrong foods at the wrong times—for all the wrong reasons. A quick check can reveal whether the pangs you feel are real.

Is it in your head?

- **You're often hungry just because it's "time" to eat.**
- **You see or smell something that triggers the feeling of hunger.**

Outside influences sometimes tell your brain when and what you want to eat. For example, you may feel hungry just because you look at your watch and see it's lunchtime, or you may drive past a bakery and suddenly crave donuts. "Studies have shown that we make over 250 decisions about food each day," says Edward Abramson, Ph.D., emeritus professor of psychology at California State University at Chico. "Very few of them have anything at all to do with true hunger."

TRUE-HUNGER TEST **Try hiding your desk clock for a week: Do you still troll for treats at 3 p.m.? If not, chances are your afternoon snack is a force of habit—not the result of physical hunger.**

Is it in your heart?

- **Your hunger comes on suddenly.**
- **You tend to eat in response to your moods.**

Unlike true hunger pangs, those that come from your heart are likely driven by emotions like sadness, frustration, anger, and boredom. Researchers at Temple University's Center for Obesity Research and Education believe that a key to long-term weight-loss success lies in the ability to identify and control emotional eating. One sign you're eating from the heart? A sense of urgency that makes it virtually impossible to be mindful of what you're putting in your mouth.

TRUE-HUNGER TEST **The next time you reach for a cookie, ask yourself, "What am I feeling now?" If your emotions are in check, go ahead and have one. If they're not, put the cookie down and try this trick: Visualize your negative feelings on a conveyer belt, and watch as they disappear.**

Is it in your stomach?

- **Your tummy is growling.**
- **Your head hurts, or you feel slightly spacy.**

Physical hunger signals are the real deal, and they come with their own set of physical warning signs. "Hunger is an internal sensation that usually occurs every 3 to 4 hours," says Abramson. "When you're hungry, your stomach contracts." The trick is to listen to your body and identify the signs, says WW Leader Noelani Diemicke. Another clue that your hunger's real? True hunger comes on more slowly than the other types, giving you more time to make better choices.

TRUE-HUNGER TEST **Ask yourself, "Would I eat a bowl of broccoli even though I'm not a broccoli fan?" If the answer is yes, chances are you are genuinely hungry.**

For more easy ways to keep your hunger in check, go to weightwatchers.com/satisfied.

PHOTOGRAPHY: AXEL LESCHINSKI/ALAMY.

BY BARI NAN COHEN

Scan: worldmags® & avaxhome®

With menopause, there's a time to embrace change. And a time to defy it.

Another Pearl of Wisdom from PREMARIN Vaginal Cream. While you use it, it actually restores vaginal tissue to help relieve vaginal dryness and painful intercourse.

If you've gone through menopause and are experiencing vaginal dryness and discomfort, you might want a treatment that works beyond the surface. Menopause can cause changes in the vaginal tissues, causing uncomfortable symptoms. PREMARIN Vaginal Cream can treat the underlying cause of these symptoms by restoring the tissues that support elasticity and provide natural lubrication. And you don't need to keep using it forever—just as long as you need treatment.

Important Safety Information

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb)
 Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline in brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

PREMARIN® Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and painful intercourse caused by these changes.

It should not be used if you have unusual vaginal bleeding, have or had cancer of the breast or uterus, had a stroke or heart attack, have or had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant. Most common side effects include headache, infection, abdominal pain, back pain, accidental injury, and vaginitis.

Please see Patient Information on following page. ***You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.***

Ask your healthcare provider



HELP RELIEVE AND RESTORE WHAT'S YOURS.

PAY NO MORE THAN $15 FOR YOUR PRESCRIPTION* BY VISITING PREMARINVAGINALCREAM.COM

***Coupon will be accepted only at participating pharmacies.** **This coupon is not health insurance.** Applies only to insured patients; cash-paying patients subject to a different discount rate. Certain other restrictions may apply. For more information on these restrictions, visit PREMARINVAGINALCREAM.COM. For questions, please call 1-877-264-2440 or write to McKesson Patient Relationship Solutions at P.O. Box 52090, Phoenix, AZ 85072-2090. 264204-01 ©2010 Pfizer Inc. All rights reserved. May 2010

Pfizer

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PATIENT INFORMATION

PREMARIN® (conjugated estrogens) Vaginal Cream

Read this PATIENT INFORMATION before you start using PREMARIN Vaginal Cream and read what you get each time you refill your PREMARIN Vaginal Cream prescription. There may be new information. This information does not take the place of talking to your healthcare provider about your menopausal symptoms and their treatment.

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline in brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women age 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

What is PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones.

What is PREMARIN Vaginal Cream used for?

PREMARIN Vaginal Cream is used after menopause to:

- **Treat menopausal changes in and around the vagina.** You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream to control these problems.
- **Treat painful intercourse caused by menopausal changes of the vagina.**

Who should not use PREMARIN Vaginal Cream?

Do not start using PREMARIN Vaginal Cream if you:

- **Have unusual vaginal bleeding**
- **Currently have or have had certain cancers**
 Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.
- **Had a stroke or heart attack**
- **Currently have or have had blood clots**
- **Currently have or have had liver problems**
- **Are allergic to PREMARIN Vaginal Cream or any of its ingredients**
 See the list of ingredients in PREMARIN Vaginal Cream at the end of this leaflet.
- **Think you may be pregnant**

Tell your healthcare provider:

- **If you have any unusual vaginal bleeding.** Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- **About all of your medical problems**. Your healthcare provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **About all the medicines you take.** This includes prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how PREMARIN Vaginal Cream works. PREMARIN Vaginal Cream may also affect how your other medicines work.
- **If you are going to have surgery or will be on bedrest**. You may need to stop using PREMARIN Vaginal Cream.
- **If you are breast feeding**. The hormones in PREMARIN Vaginal Cream can pass into your milk.

How should I use PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.

- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you
- Estrogens should be used at the lowest dose possible for your treatment only as long as needed. You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream

1. Remove cap from tube.
2. Screw nozzle end of applicator onto tube.
3. *Gently* squeeze tube from the *bottom* to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
4. Unscrew applicator from tube.
5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.

TO CLEANSE: Pull plunger to remove it from barrel. Wash with mild soap and warm water. DO NOT BOIL OR USE HOT WATER.

What are the possible side effects of PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account.

Side effects are grouped by how serious they are and how often they happen when you are treated.

Serious, but less common side effects include:

- Breast cancer
- Cancer of the uterus
- Stroke
- Heart attack
- Blood clots
- Dementia
- Gallbladder disease
- Ovarian cancer
- High blood pressure
- Liver problems
- High blood sugar
- Enlargement of benign tumors of the uterus ("fibroids")

Some of the warning signs of these serious side effects include:

- Breast lumps
- Unusual vaginal bleeding
- Dizziness and faintness
- Changes in speech
- Severe headaches
- Chest pain
- Shortness of breath
- Pains in your legs
- Changes in vision
- Vomiting
- Yellowing of the skin, eyes, or nail beds

Call your healthcare provider right away if you get any of these warning signs, or any other unusual symptoms that concern you.

Less serious, but common, side effects include:

- Headache
- Breast pain
- Irregular vaginal bleeding or spotting
- Stomach/abdominal cramps, bloating
- Nausea and vomiting
- Hair loss
- Fluid retention
- Vaginal yeast infection
- Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching

These are not all the possible side effects of PREMARIN Vaginal Cream. For more information, ask your healthcare provider or pharmacist for advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What can I do to lower my chances of getting a serious side effect with PREMARIN Vaginal Cream?

- Talk with your healthcare provider regularly about whether you should continue using PREMARIN Vaginal Cream
- If you have a uterus, talk with your healthcare provider about whether the addition of a progestin is right for you. The addition of a progestin is generally recommended for a woman with a uterus to reduce the chance of getting cancer of the uterus. See your healthcare provider right away if you get vaginal bleeding while using PREMARIN Vaginal Cream
- Have a pelvic exam, breast exam and mammogram (breast X-ray) every year unless your healthcare provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your healthcare provider for ways to lower your chances for getting heart disease.

General information about the safe and effective use of PREMARIN Vaginal Cream

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use PREMARIN Vaginal Cream for conditions for which it was not prescribed. Do not give PREMARIN Vaginal Cream to other people, even if they have the same symptoms you have. It may harm them. **Keep PREMARIN Vaginal Cream out of the reach of children.**

Latex or rubber condoms, diaphragms and cervical caps may be weakened and fail when they come into contact with PREMARIN Vaginal Cream.

This leaflet provides a summary of the most important information about PREMARIN Vaginal Cream. If you would like more information, talk with your healthcare provider or pharmacist. You can ask for information about PREMARIN Vaginal Cream that is written for health professionals. You can get more information by calling the toll free number 1-800-934-5556.

What are the ingredients in PREMARIN Vaginal Cream

PREMARIN Vaginal Cream contains a mixture of conjugated estrogens, which are a mixture of sodium estrone sulfate and sodium equilin sulfate and other components, including sodium sulfate conjugates: 17 α-dihydroequilin, 17 α-estradiol, and 17 β-dihydroequilin. PREMARIN Vaginal Cream also contains cetyl esters wax, cetyl alcohol, white wax, glyceryl monostearate, propylene glycol monostearate, methyl stearate, benzyl alcohol, sodium lauryl sulfate, glycerin, and mineral oil.

PREMARIN (conjugated estrogens) Vaginal Cream—Each gram contains 0.625 mg conjugated estrogens, USP.

Combination package: Each contains a net wt. 1.5 oz (42.5 g) tube with one plastic applicator calibrated in 0.5 g increments to a maximum of 2 g (NDC 0046-0872-93).

Store at 20° to 25°C (68° to 77°F); excursions permitted to 15° to 30°C (59° to 86°F) [see USP Controlled Room Temperature].

This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

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Get smarter about losing weight. Track your food, calculate ***POINTS***® values, choose from 31,000 food options and more all with a flick. Join* now and download the app for your weight loss success at **WeightWatchers.com/iphone**.

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*Full app available to subscribers of Weight Watchers Online, eTools, and Monthly Pass only.

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Tricked Out

Members of *WWM*'s Reader Panel help take the scary out of the Halloween candy issue.

- "Rather than dipping into the candy stash, I keep my hands busy decorating costumes, carving pumpkins, and making holiday-themed crafts." *–Margaret R.*
- **"My daughter and I pick up single-serving bags of pretzels and popcorn at our local food warehouse. That way there's no candy to worry about." *–Anita K.***
- "I always try to wear a form-fitting costume so I'm more conscious of what I eat. This year I'm going as Lady Gaga!" *–Gail M.*
- **"I try to recall the number of visitors I had last year so I can gauge how many treats to buy. The goal? To have few, if any, leftovers." *–Lisa S.***
- "I give out candy that I don't like so I'm not tempted to eat it." *–Krystine S.*
- **"I never buy any candy before October 31." *–Jen R.***
- "I give any leftovers to my dentist, who participates in the Halloween Candy Buy Back (halloweencandybuyback.com), a program that donates treats to U.S. troops overseas." *–Diane P.*
- **"After Halloween, I avoid the candy aisle at the supermarket. The candy tends to be marked way down, and I can't resist a bargain." *–Tanya G.***

Treat Yourself

These low ***POINTS*** value options will satisfy your sweet tooth.

LICK Have your bling and eat it too, with new **Sugar-Free Ring Pops** from Bazooka Candy. **(1)***

BITE Enjoy 2 **Hershey's Kisses;** they're decked out in orange and black foils for the holiday. **(1)**

CHEW You can have 22 pieces (yes, 22!) of a Halloween classic, **Brach's Candy Corn. (3)**

SAVOR Dreaming of peanut butter? Try 1 **Dove Promises Peanut Butter–Milk Chocolate** treat. **(1)**

*POINTS VALUES ARE IN PARENTHESES.

PHOTOGRAPHY: MIHA MATEI.

Got great tips to share? Join *WWM*'s Reader Panel! E-mail your contact info to **wwmreaderpanel@weightwatchers.com.**

BY KATERINA GKIONIS

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It's not just complete.



It's all heart.

THE COMPLETE MULTIVITAMIN THAT'S GOOD FOR YOUR HEART.*

Centrum Cardio® is the only†† complete multivitamin with CoroWise™ phytosterols, an ingredient derived from soybeans that may reduce the risk of heart disease by lowering LDL (bad) cholesterol.† Centrum Cardio is the multivitamin that's complete and all heart.

www.centrumcardio.com



†As part of a diet low in saturated fat and cholesterol, foods or dietary supplements that contain at least 400 mg per serving of free phytosterols, taken twice a day with meals for a daily total intake of at least 800 mg, may reduce the risk of heart disease by lowering blood cholesterol. A daily serving of Centrum Cardio (2 tablets) contains 800 mg of CoroWise™ phytosterols. This product is not a replacement for cholesterol lowering prescription drugs. If you have elevated cholesterol, consult your doctor for medical advice and treatment.

††Among leading brands.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Committed to Losing

After losing a combined total of 106 pounds, Ryan and Angela expanded their relationship while shrinking their size.

Ryan Angela and I got our weight-loss wake-up call at the same time: We were on vacation in Hawaii in June 2008. We went surfing, and after we returned the surfboards to the rental shack the owner showed us some photos he had taken. I saw my picture on the monitor and knew it was time to make a change.

Clothes Call

One of our favorite activites is to go shopping. We're both a size Small now, so we love it!

Angela After we returned from our trip, we tried losing weight on our own, but we didn't make much progress. That's where WW came in. We signed up at the same meeting and attended together weekly. We started tracking and realized that our portions were way too big.

Ryan We began to cook at home more and also started measuring our portions and writing down *everything* before we ate it. We didn't feel silly measuring our food because we were both doing it.

Angela There's definitely a plus to doing this together, though there are some challenges too: I have to say that sometimes I get jealous because >

"Through better or worse, thick and thin, we'll journal and exercise till death do us part."

Love the looks on these pages? Turn to p. 150 for shopping information.

PHOTOGRAPHY: DAVID A. LAND; HAIR: GEORGE ORTIZ FOR L'ORÉAL PROFESSIONNEL TEXTURE EXPERT; MAKEUP: LAZARUS; FASHION STYLING: EMMA PRITCHARD FOR BA REPS. FOR FASHION CREDITS, SEE SHOP GUIDE, P. 150.

BY VICKI SALEMI

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Warp Speed Absorption.





No other Ultra absorbs faster than Always Ultra. So when your period suddenly changes in flow, you can have a speedy recovery.

Have a Happy Period.

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RYAN PAUL

Home Brooklyn, NY
Age 38 **Ht.** 5'7"
Before 202 lbs.
Lost 45 lbs.
After 157 lbs.
How WW Meetings

ANGELA PAUL

Home Brooklyn, NY
Age 38 **Ht.** 5'3"
Before 191 lbs.
Lost 64 lbs.
After 127 lbs.
How WW Meetings



PEOPLE FOLLOWING THE WEIGHT WATCHERS PLAN CAN EXPECT TO LOSE 1 TO 2 POUNDS PER WEEK.



Ryan gets ***10*** more ***POINTS*** values each day than I do. I combat the discrepancy by trying to eat less during the day so that we can enjoy similar meals and portion sizes at night. Of course, this works better during the week—when I'm at the office—than it does on weekends. So I try to to save my weekly ***POINTS*** Allowance to use on weekends when that discrepancy is most apparent.

Ryan We use other tricks as well to enjoy our favorite activities—like going to restaurants—while staying on track. For example, we'll order takeout from a particular restaurant and weigh the portions so we can accurately calculate the ***POINTS*** values. Then, when we go to the same restaurant with friends, we have an accurate idea of exactly what we're consuming. It's our sneaky way of staying on track while still being social.

Angela Weighing our food gives us a real gauge of how much we're consuming. The food scale doesn't lie!

Ryan We do the math on everything—our favorite NYC pizza place serves ***5½ POINT*** slices. If we go to a restaurant and eat a meal we don't know the values for, we still try to make smart choices, like choosing broiled or grilled items. Plus, because we use the scale consistently, Angela and I have become pretty spot-on with our estimates.

Angela Because we split the workload of planning, shopping, and cooking, I think we're more likely to succeed. With Ryan, I have live-in accountability.

Ryan We pack our breakfasts and lunches together the night before and eat the same midmorning snack every day (a seasonal fruit salad)—we're not bored yet!

Angela We're also serious dessert people, so we eat something sweet every night. Even after our wedding-anniversary dinner of Mexican food and margaritas (our favorite splurge!), we shared a ***3 POINTS*** value Weight Watchers Chocolate Chip Cookie Dough sundae at home to complete the meal.

Ryan Prior to joining WW, we talked about going to the gym, but we rarely made it there. Now we run outside together daily.

Angela When I want to sink into the couch and I see Ryan putting on his exercise clothes, I'm motivated to change too.

Ryan Although we weren't competitive about losing weight, we have a healthy competition when it comes to exercising. If I'm running ahead of Angela and she catches up to me, I pick up the pace to reclaim my position. We just completed the Brooklyn Half Marathon and plan to run the New York City Marathon in 2011.

Portion Patrol

We used to eat three helpings each for dinner—now we cook just enough for both of us.

Angela We look hotter now than we did when our wedding photos were taken! I'm amazed that we're both in better shape than we were and look better than we did when we first met, eight years ago. We're committed to each other—and to our healthy lifestyle.

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As much protein as an egg, now found in a bowl.

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There's a surprising way to get protein at breakfast: Kashi® GOLEAN® cereals. With protein, plus fiber, they help keep you full all morning. Try GOLEAN, and find out even more about protein at kashi.com

Kashi
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7 whole grains on a mission™

Kashi® GOLEAN® cereals (without milk) = 9–13g protein per svg; One large egg = 6g. Diets high in protein and fiber have been shown to help reduce feelings of hunger.

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Sweet Success

"I've always been relatively trim, but one morning last year I had a very unpleasant surprise—I couldn't clasp my bra! I had been noticing that my clothes were getting tighter, and I'd sometimes catch a glimpse of myself in a mirror or store window and feel disappointed with my appearance. But when clasping my bra felt as though it would cut off my circulation, I became determined to get in shape. Even though I started working out more, I didn't see results in terms of weight loss. That's when I decided to join WW, and since that first meeting I've lost 30 pounds.

Weekly Treat

I never miss my meeting—I leave with new ideas and a fresh perspective every time!

Now I realize why I wasn't losing weight on my own: I was making foolish food decisions. I thought I was being healthy when I'd eat dinner at home, but I was choosing foods that were high in ***POINTS*** values—like cream of mushroom soup. I didn't know how unhealthy my eating habits were until I got that ***POINTS*** Tracker into my hands. Now I plan every meal for the week. I've even saved money by bringing my lunch from home. Every Friday is my 'splurge day,' when I take the day off from my usual turkey sandwich and indulge myself. I might hit a Japanese restaurant for sushi and a salad or get some >

"I was really proud of myself for running a 5K. If I can do that, I can do anything I put my mind to."

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Relief can start here.

LYRICA® PREGABALIN Ⓒ capsules

Fibromyalgia is chronic, widespread muscle pain that makes daily tasks difficult. If you're experiencing this pain, **talk to your doctor about prescription Lyrica and visit www.lyrica.com today.**

Fibromyalgia is thought to be the result of **overactive nerves** that cause chronic, widespread pain.

Lyrica is FDA-approved to **help relieve Fibromyalgia pain.** It's not an antidepressant.

Clinical studies have shown that **Lyrica provides significant relief in as early as one week** for some patients.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-5-LYRICA (1-888-559-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

LYRICA PREGABALIN C capsules

(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.

Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet. This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness. Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.

LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit www.PfizerHelpfulAnswers.com.

Pfizer helpful answers

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Kimberly Kalik
Home New York
Age 23 **Ht.** 5'3"
Before 181 lbs.
Lost 30 lbs.
After 151 lbs.
How WW Meetings

PEOPLE FOLLOWING THE WEIGHT WATCHERS PLAN CAN EXPECT TO LOSE 1 TO 2 POUNDS PER WEEK.

Mexican takeout—brown rice, beans and a little bit of guacamole.

The best part about getting healthy was that I realized I'm good at sports! I had always enjoyed going to the gym, but after losing some weight I gave running a try. I ran my first 5K without stopping, and now I'm planning to run a half marathon. I've also tried Spinning and kickboxing classes, and they've become my workout staples. I used to worry about looking silly, but now I feel more confident.

Like anyone on a journey, I've had setbacks too. **I struggled with a plateau for 6 months. Eventually my Leader took a look at my Tracker and noticed that my sweet tooth was the culprit:** I wasn't allotting enough ***POINTS*** values for the chocolate I was eating. I thought dark chocolate was healthy, but I was overdoing it. Instead of keeping a giant bar at home, now I head to a specialty chocolate shop once a week and treat myself to a single piece.

These days I track everything diligently, including my weekly chocolate fix. I know that tracking is the number one tool that has gotten me to where I am today. Even if I overdo it at one meal, writing it all down keeps me accountable. I used to think, 'I'll get back on track next week,' but now I get back on track at the very next meal. When I look in the mirror, I'm proud of what I see, but most important, I love the way I feel."

reclaim
your body's natural abilities
restore
energy and balance
rejoice
in a healthier, happier you



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Glam and On Plan

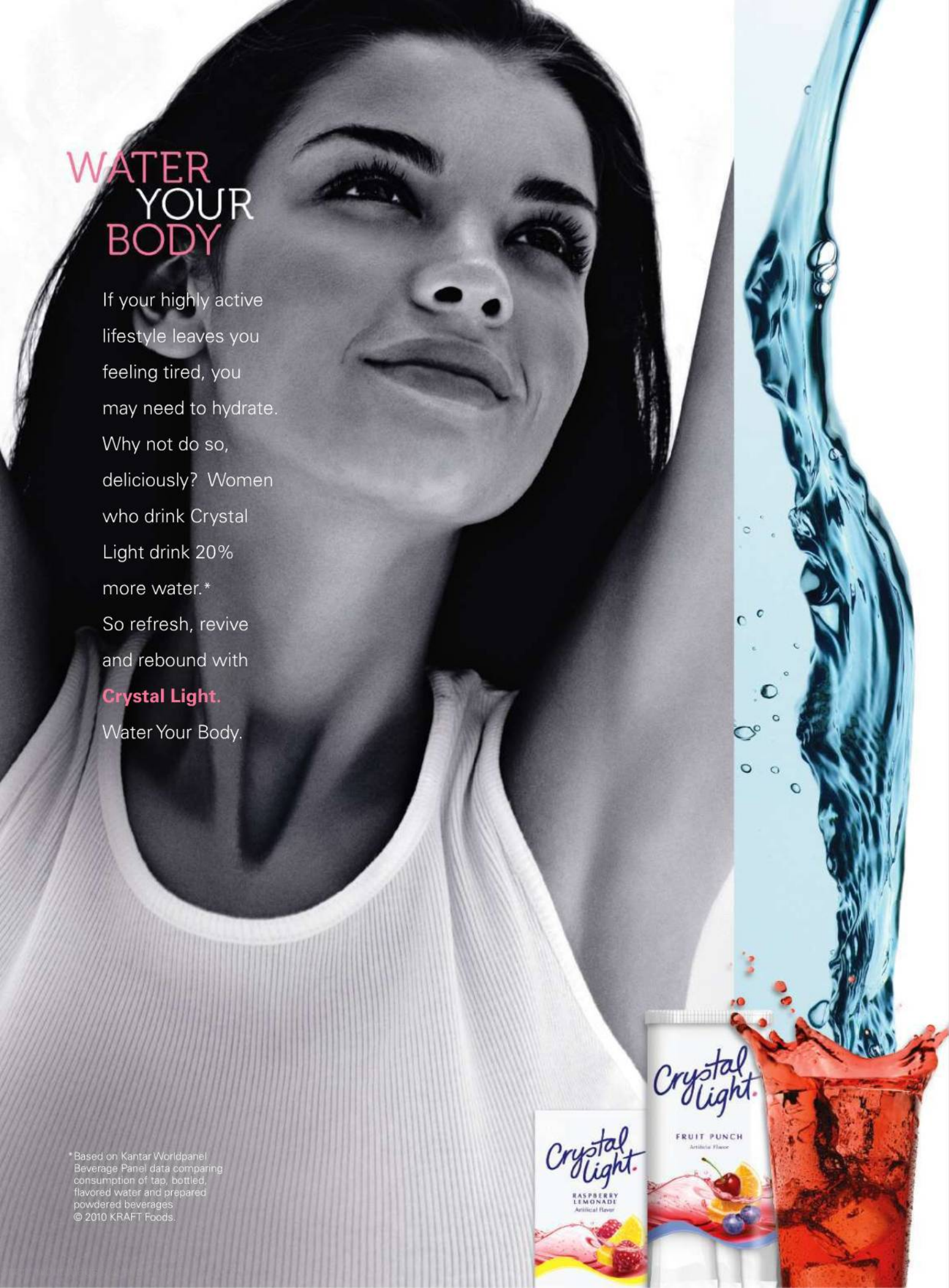
"When I uploaded my vacation photos from Bermuda, I was shocked at what I saw. I had thought my weight was under control, but when I saw those pictures I realized that I needed help. I went online to research WW and found the nearest meeting. When I first joined, I had some pretty unhealthy habits. I work in advertising, so I spend my days in back-to-back meetings. I would scarf down food at my desk during the day and entertain clients with fatty meals and alcohol at night. To make matters worse, I didn't do any exercise. Zilch. Zero. Nada. I had always thought of exercise as another chore to add to my list. But at my meetings I noticed that the people who exercised seemed to be the most successful. So I decided to try it. Believe it or not, I hadn't been to a gym in such a long time that I was shocked to see televisions on the treadmills! I thought, 'This could be fun!' I started off with 20-minute workouts and gradually built up to 30 minutes of cardio to get >

Surprising Switch

I didn't exercise for years, but now I feel weird if I miss a daily workout session.

"I realized that I'm not in my 20's anymore and I can't keep telling myself that I'll lose weight later. 'Later' had turned into 6 years."

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If your highly active lifestyle leaves you feeling tired, you may need to hydrate. Why not do so, deliciously? Women who drink Crystal Light drink 20% more water.*
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Sandwich Thins®



ARNOLD®

Don't talk with your mouth full. But it's perfectly OK to smile.

For some, it's all about the 100 calories, top and bottom together. For others, the great taste. Everyone agrees Sandwich Thins® rolls are perfect for anything from a light turkey club to a juicy grilled burger. Because each one is made with whole grains and is low in fat, they're just right. All the time. To find us at a store near you, visit sandwichthins.com

Bread Perfected.



Arnold Sandwich Thins®	Calories	Fiber	Fat
	100	5g	1g

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Josefina Aguayo

Home New York
Age 33 **Ht.** 5'5"
Before 196 lbs.
Lost 61 lbs.
After 135 lbs.
How WW Meetings

PEOPLE FOLLOWING THE WEIGHT WATCHERS PLAN CAN EXPECT TO LOSE 1 TO 2 POUNDS PER WEEK.

my heart pumping, followed by circuit training for another half hour. Now I go to the gym three times a week and work out to a Pilates video at home on the other days. Another key for me has been planning ahead and using my journal to track everything I eat—and I mean *everything*. My hectic schedule, with countless evenings out and frequent celebrations with my friends, hasn't changed, but my mentality has. For example, I always bring a healthy lunch from home. I also keep cereal at my desk, and I'll have a bowl of it if I need a quick snack to sustain myself.

Even though I became a Lifetime member in December, I still take maintenance one day at a time and attend meetings every week. I know that if I have a bad week, I can always start fresh after my weigh-in on Thursday. If the number on the scale goes up, I go back to basics by weighing snacks on my food scale and vigilantly watching portion sizes. **It amazes me that I haven't deprived myself of anything on WW. I still eat red meat and cheese and enjoy my cocktails, but I don't overdo it.** I also created small milestones for myself during the weight-loss process. For example, if I knew I'd be seeing an ex-boyfriend at a conference, I'd keep the date in the back of my mind, and it would motivate me to stay on track. As the summer was approaching, I cut out a photo of a swimsuit I wanted to buy and posted it on my refrigerator as a reminder of my goal.

Every day I tell myself that I'm committed to keeping this up for the rest of my life. When I got to the maintenance stage, I was concerned that I would lose some of the diligence that had gotten me there. So now I try to keep in mind that there really isn't an end point to this journey—it's not something to just check off my list; I'm not done. I'm inspired to continue—cocktails and all.

Are you an all-star success like these members? We want to hear from you! E-mail your story and photos to wwmsuccess@weightwatchers.com.



THE ORIGINAL & FAVORITE Sandwich Thins®

Tuna Nicoise sandwich

Ingredients

- 1 Arnold®/Oroweat® Multi-Grain Sandwich Thins® roll
- 4 oz. canned tuna
- 1 tbsp. light Dijon Vinaigrette
- 1 tbsp. black olives
- 1/2 c. arugula, loosely packed
- 1/2 tomato, sliced
- 1 tbsp. hummus
- 1/2 hard boiled egg, sliced (optional)
- Salt and pepper to taste (optional)

Directions

Remove tuna from can and drain liquid completely. Mix the Dijon Vinaigrette with tuna thoroughly. Place the tuna on the bottom half of Sandwich Thins® roll. Add the sliced black olives, arugula, sliced tomatoes and hummus. Per preference, add the sliced egg and salt and pepper to taste. Finally, place the top half of the Sandwich Thins® roll.

Prep time: 12 minutes
Serving size: 1 sandwich

Tuna Nicoise sandwich nutritional value

- 290 calories
- 7 grams of fiber
- 32 grams of protein
- 28 grams of carbs
- 6 grams of fat

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gorgeous

Get the Boots

Designers are finally getting a leg up on what women want when it comes to boots—styles that fit over shapely calves. When shopping, look for U.S.-made products—foreign brands haven't caught up yet.

Shop online for the best selection of wide-calf boots. Most sites even provide measurement directions so you can find the perfect fit.

Choose boots with wedge or chunky heels. Sturdy heels provide comfort, stability, and ankle support while adding height.

Look for boots with laces or adjustable buckles for an excellent fit. Swap in extra-long laces or add a new hole to buckle straps if you need more room.

PHOTOGRAPHY: MONALYN GRACIA/JUPITER IMAGES

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Just Brilliant!

Bling for the eyes? Not exactly, but the latest makeup colors are gem inspired. Here's how to make the look work in real life:

Start with a bold, rich eyeliner close to the base of your lashes and apply lighter, brighter colors as you work toward the brow bone. To avoid an overly made up eye, don't apply jewel tones above the crease of the eyelid.

Let your eye color guide you: If you have green eyes, go for an emerald and amethyst combo, blue peepers will pop when framed by a deep sapphire, and any jewel-toned tint will work for brown-eyed girls.

Keep the rest of your face subtle when using gem tones—your vibrant eyes should be the focus. For example, steer clear of bronzers with sparkle; opt for light blush and a glossy, clear lip to balance out the jeweled look.

Showcase your gorgeous assets with these products:



SHEER SPARKLE
BLACK OPAL MINERAL BRILLIANCE EYE SHADOW MOSAIC IN CARRIBEAN BLUE, $8.95



STUNNING STONES
JANE IREDALE CREAM TO POWDER EYELINER IN JEWEL BOX, $26



EMERALD SHINE
BÉSAME VINTAGE ALLURING EYE SHADOW IN PISTACHIO, $14



LUSTROUS LINERS
MALLY EVERCOLOR STARLIGHT IN ICE BLUE, $15; NAPOLEON PERDIS IN BOTTLE GREEN, $18; LA PRAIRIE LUXE IN MIDNIGHT, $50; JEMMA KIDD I-CONIC EYES, $14



QUARTZ COMBO
WET 'N' WILD COLOR ICON SHADOW TRIO IN COOL AS A CUCUMBER, $2.99



SAPPHIRE DUST
BECCA JEWEL DUST SHADOW IN NERIDA, $24



LIQUID ASSET
AVON SUPERSHOCK VIVID LIQUID EYE SHADOW IN GLISTENING TEAL, $7



PRECIOUS METAL
URBAN DECAY EYE SHADOW IN MINX, $17

PHOTOGRAPHY: JEFF HARRIS; STYLING: LAURIE RAAB FOR HALLEY RESOURCES.

EXPERT: JILL HARTH, A NEW YORK–BASED MAKEUP ARTIST.

For info on where to buy these products, turn to our Shop Guide, p. 150.

BY JESSICA WOZINSKY

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Fitness Group

Shape-ups

SHAPE-UP ANYWHERE!



DESIGNED TO HELP

- BURN MORE CALORIES
- TONE MUSCLES
- IMPROVE POSTURE



New
X-F™
EXTENDED™ FITNESS™
LOWER PROFILE



Patent Pending



also available at select
Dillard's

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jeans for all!

Think you can't wear the latest jeans because you're not a size 10 yet?

Not so fast. Jeans have come a long way in terms of fabric, craftsmanship, and design, all of which means you can now get a perfect fit—no matter what your size.

TEXT BY ERINN BUCKLAN
STYLING BY ALANA KELEN



PHOTOGRAPHY: KAREN PEARSON; HAIR AND MAKEUP: STACY BENEKE FOR MARK EDWARD.

THE BOOT CUT

This classic style is slim through the hips and thighs and then subtly flares at the knee to balance out proportions. New features include a contoured waistband that fits higher on the waist to provide back and tummy coverage and prevent the dreaded muffin top.

PULL IT OFF Look for a brand that comes in a lightweight stretch denim—it will gently hug your curves. BEIJA-FLOR ANA BOOT CUT, $185

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THE SKINNY

Surprise! You don't have to be skinny to wear these notorious jeans. Crafted with more spandex than most styles, the new skinnies provide allover control, slimming the hips and thighs, flattening the tummy, and lifting the butt.

PULL IT OFF Choose a medium-weight cotton, which will smooth out bumps. Also, opt for a dark shade—it's more classic (and more slimming) than trendy pale colors. BEIJA-FLOR STEPHANIE JEGGING, $165

THE BOYFRIEND

The modern boyfriend jeans are still loose fitting with the trademark cuffed hem, yet the fabric is no longer distressed and sloppy, and the fit is a bit more snug around the hips.

PULL IT OFF Choose a style with a waistband that rises higher in the rear than the front to give your bum a boost. A cuffed hem that falls several inches above the ankle elongates your legs. LEE GOLD LABEL, $44.

Turn to p. 51 for our favorite brands.

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WHEN LOSING WEIGHT CLICKED FOR ME

"When I lost weight the very first week. I loved watching that line going down on the Weight Tracker Graph. It's so great that I can do the plan on my time, all online. It's as easy as checking my email."—Lisa, lost 26 lbs*

TRY IT FOR A WEEK FREE**

WeightWatchers.com/FreeTrial

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Finally, losing weight clicks™

*People following the Weight Watchers plan can expect to lose 1–2 pounds per week.

**You must sign up at WeightWatchers.com/FreeTrial by 10/30/10 for 1-week free trial. Unless you cancel before 1-week free trial ends, you are automatically charged for 3-month subscription. To cancel, visit WeightWatchers.com/cancel. At the end of first 3 months, your subscription will automatically renew at standard monthly rate until you cancel. See URL for more details.

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more jeans we LOVE!

Check out these brands, which offer the styles—in plus sizes—described in our story.

BOOT CUT



• The unique crisscross tummy panel disguised in these jeans makes your midsection look one size smaller.
NOT YOUR DAUGHTER'S JEANS, $92

• Three boot-cut styles (straight, moderately curvy, and curvy) ensure that jeans hug any body shape.
LANE BRYANT, $49.50

• Create knockout curves with jeans that sit higher on the hips to cinch the waist.
Z. CAVARICCI COUTURE FOR TORRID, $65

SKINNY



• Gray skinnies are a trendy alternative to classic blue.
SOURCE OF WISDOM FOR TORRID, $52

• Comfy leggings and trendy jeans meet with these skinny jeggings. The cozy cotton hugs curves and gives a smooth silhouette. SVOBODA, $118

• Simple patch pockets and understated stitching emphasize structure over trendy details on these skinnies. OLD NAVY, $32.50

BOYFRIEND



• Strategically placed textured denim patches elongate and slim the leg.
KUT FROM THE KLOTH, $69

• This versatile straight-legged style is designed to fit virtually any body shape.
LEVI'S, $48

• An 18-inch opening at the calf makes these jeans comfortable while preserving the signature boyfriend slouch.
CJ BY COOKIE JOHNSON, $187

For sizes and retail info, turn to our Shop Guide, p. 150.

Are you inspired to buy a new pair of jeans now? Tell us at **wwmeditor@weightwatchers.com.**

Helps erase odors



New Always Dri-Liners Plus+ help eliminate odors — and worries. With patented Odor-Lock™ technology, they continuously absorb and neutralize odors.

Odor-Lock

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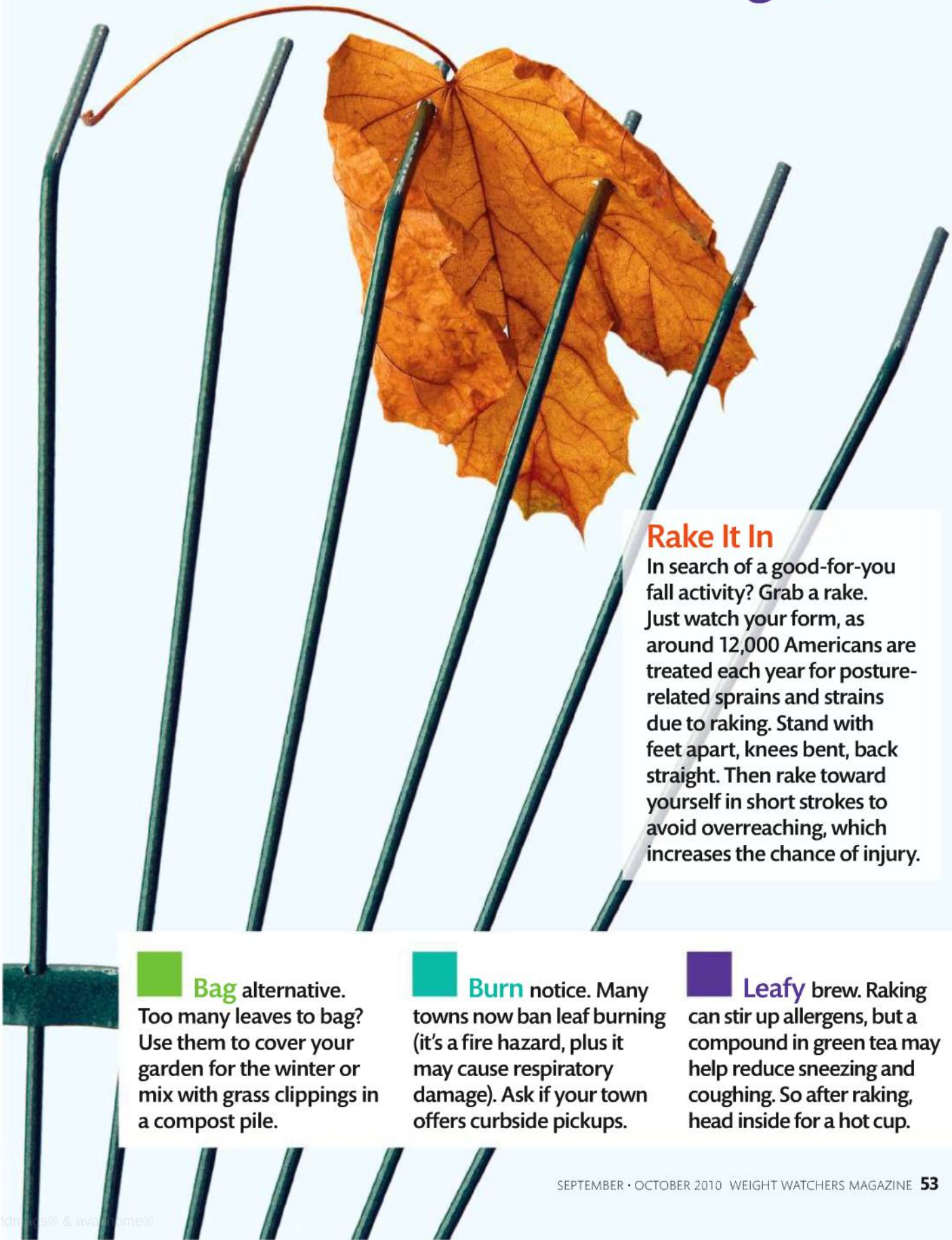
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healthy



Rake It In

In search of a good-for-you fall activity? Grab a rake. Just watch your form, as around 12,000 Americans are treated each year for posture-related sprains and strains due to raking. Stand with feet apart, knees bent, back straight. Then rake toward yourself in short strokes to avoid overreaching, which increases the chance of injury.

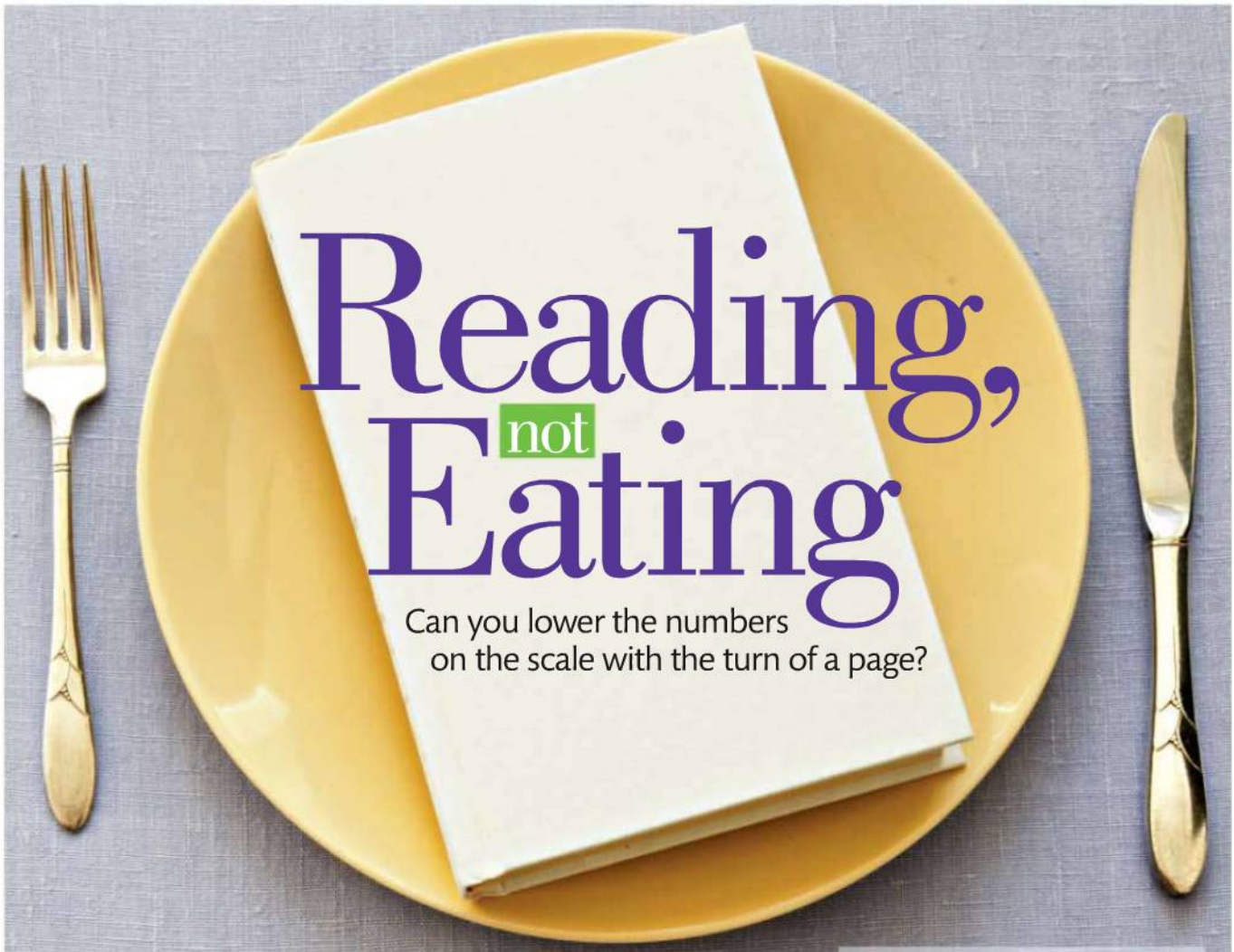
Bag alternative. Too many leaves to bag? Use them to cover your garden for the winter or mix with grass clippings in a compost pile.

Burn notice. Many towns now ban leaf burning (it's a fire hazard, plus it may cause respiratory damage). Ask if your town offers curbside pickups.

Leafy brew. Raking can stir up allergens, but a compound in green tea may help reduce sneezing and coughing. So after raking, head inside for a hot cup.

PHOTOGRAPHY: MASTERFILE.

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Reading, not Eating

Can you lower the numbers on the scale with the turn of a page?

When it comes to keeping your health and weight in check, walking, hitting the gym, and eating more veggies are all legit activities. However, there's another one you should add to that list: reading. A Duke University study found that obese adolescent girls who read lost more weight than those who didn't. Researchers speculate that the benefits might translate to adults. Here, four more reasons why you may want to curl up with a good read:

1 Read, walk, talk.

While reading is largely a solitary pursuit, making it more social is a great way to exercise your brain–and your body. Choose a book and then enlist a "reading partner," suggests Susan Wise Bauer, co-author of *The Well-Trained Mind* (Norton, 2009). **Your reading partner can be your spouse, friend, or co-worker–anyone who reads (and walks) at the same pace as you.** Choose a book with a theme that interests you both. Then plan 30-minute "walk and talk" sessions a few times a week where you discuss the chapters you've read.

82% of readers dig into a book to wind down at night.

2 Expand your world.

In a recent survey the National Endowment for the Arts in Washington, D.C., found that bookworms are significantly more likely to be active participants in the world around them than those who don't often read for pleasure. The survey found that **readers are more likely than nonreaders to visit museums, attend concerts, and perform volunteer work.** What does this mean for your weight loss? Being engaged in the world may leave you less time to think about food.

PHOTOGRAPHY: MIHA MATEI.

SURVEY RESULTS: READING FOR LIFE, UNITED KINGDOM.

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50
CALORIES

5
GRAMS FIBER

+ 0
GRAMS FAT

zero guilt

Guilt no. Delicious yes.



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33% of respondents find it hard to sleep if they haven't read before bed.

3 Boost brain power.

Although research on activities that truly boost cognition remains thin (just eating leafy greens and doing crossword puzzles probably won't offset dementia), the brain benefits of reading are indisputable. Maryanne Wolf, director of Tufts University's Center for Reading and Language Research, is the author of an investigative book on the science of reading: *Proust and the Squid* (HarperCollins, 2007). **In the book she points out that the brain is programmed to see, speak, and think–but not to read.** So the act of reading forces the brain to "rearrange its original parts" and learn something new. Indeed, research shows that reading keeps the memory sharp, increases the ability to adapt and think in new ways, and—in essence—makes the mind healthier and more active.

READING IS FUNDAMENTAL... FOR SELF-DISCIPLINE? Some research indicates that reading regularly improves self-discipline, a helpful skill for anyone focused on weight loss. In our everything-made-easy culture, the act of navigating a tough book may demonstrate that patience pays off–whether you're devouring a classic novel or working toward your weight goal.

4 Be happier.

A large-scale study conducted by the British government last year found that reading may benefit your well-being. In fact, 86 percent of participants in the study reported that **reading improves mood and boosts happiness.** Yet another great reason to tear into some scintillating lit.

66% of people read to forget about their troubles.

What books do you read to help you lose weight? Tell us at wwmeditor@weightwatchers.com.

PHOTOGRAPHY: TIM ROBERTS/JUPITERIMAGES.

Join the ***MyBONIVA® Program*** *for Sally's Tips, plus one month of BONIVA free!*

MyBONIVA is a free program that gives you tips from Sally, ideas, and support to help manage your osteoporosis. You'll get:

- One month of BONIVA free*
- Sally Field's tips on managing your osteoporosis and building stronger bones.
- Helpful monthly reminders to take your BONIVA, delivered by phone, e-mail, or mail.
- Quarterly newsletters filled with bone-strengthening exercises and simple, delicious recipes.



*You must be 18 years of age or older to join MyBONIVA. The free trial offer is limited to one per patient. MyBONIVA is a registered trademark of Roche Therapeutics Inc.

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If you have osteoporosis, like me, calcium-rich foods, vitamin D, and exercise can help. But they may not be enough to keep your bones strong. So ask your doctor if once-monthly BONIVA can help you do more. Studies show, after a year on BONIVA, 9 out of 10 women stopped and reversed their bone loss.† And my test results proved I did, too.



"Eat plenty of calcium-rich foods like yogurt, spinach, and cheese."

BONIVA is a prescription medication to treat and prevent postmenopausal osteoporosis.
Ask your doctor if BONIVA is right for you.

Important Safety Information: You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the dosing instructions for once-monthly BONIVA carefully to lower the chance of these events occurring. Side effects may include diarrhea, pain in the arms or legs, or upset stomach. Tell your doctor and dentist about all the medicines you take. Tell them if you develop jaw problems (especially following a dental procedure) or severe bone, joint, and/or muscle pain. Your doctor may also recommend a calcium and vitamin D supplement.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

*Bone density measured at the lumbar spine after 1 year of treatment. Individual results may vary.
†Bone density measured at the lumbar spine, total hip, or trochanter; 3 out of 4 at the femoral neck.

Please read Patient Information on the next page.

Enroll today. Call 1-888-259-9960 or visit BONIVAfreetrial.com and try BONIVA free.

once-monthly
Boniva®
ibandronate sodium
150 mg tablet

Help Stop and Reverse Bone Loss

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Boniva®
ibandronate sodium

IMPORTANT FACTS ABOUT BONIVA

(bon-EE-va) ibandronate sodium 150-mg tablet

What is BONIVA?

BONIVA, a bisphosphonate, is a prescription medicine used to treat and prevent osteoporosis in postmenopausal women, characterized by weakening of the bone.

Taken once a month in tablet form, BONIVA may stop and reverse bone loss in most women. It has been clinically proven to help build and maintain bone density, which can help reduce fractures.

What is the most important information about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers.

Who should not take BONIVA?

Do not take BONIVA if you:

- have abnormalities with your esophagus, such as restriction or difficulty swallowing
- have low blood calcium (hypocalcemia)
- cannot sit or stand for at least 60 minutes
- have kidneys that work very poorly
- are allergic to BONIVA or any of its ingredients

See Patient Information for complete list.

Before you start BONIVA.

Tell your health care provider if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have trouble swallowing or other problems with your esophagus
- have kidney problems
- are planning a dental procedure such as tooth extraction

Tell your health care provider and dentist about all medications you're taking, including vitamins, antacids, and supplements.

How should you take BONIVA?

You must take BONIVA exactly as instructed by your health care provider.

- Take first thing in the morning, on the same day each month.
- Swallow whole (do not chew or suck) with a full glass (6 to 8 oz) of plain water (not sparkling or mineral). Do not take with tea, coffee, juice, or milk.
- After you take BONIVA, remain standing or sitting for at least 60 minutes before you eat, drink, lie down, or take any other oral medications, including calcium, vitamins, and antacids. Some medicines can stop BONIVA from getting to your bones.
- If you miss a monthly dose and your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember. Do not take two 150 mg tablets within the same week. If your scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule. If you are not sure what to do if you miss a dose, contact your health care provider, who will be able to advise you.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have pain or trouble swallowing, chest pain, or very bad heartburn or heartburn that does not get better. Follow dosing instructions carefully to decrease the risk of these effects.

BONIVA may cause:

- Pain or trouble swallowing
- Heartburn
- Ulcers in stomach or esophagus

Common side effects are:

- Diarrhea
- Pain in extremities (arms or legs)
- Upset stomach

Less common side effects are:

- Short-term, mild flu-like symptoms, which usually improve after the first dose

Rarely, patients have reported allergic and skin reactions. Contact your health care provider if you develop any symptoms of an allergic reaction including skin rash (with or without blisters), hives, wheezing, or swelling of the face, lips, tongue, or throat. Get medical help right away if you have trouble breathing, swallowing, or feel light-headed.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take oral bisphosphonate drugs. Contact your health care provider if you develop these symptoms after starting BONIVA.

Rarely, patients have reported serious jaw problems associated with delayed healing and infection, often following dental procedures such as tooth extraction. If you experience jaw problems, contact your health care provider and dentist.

This summary is not a complete list of side effects. For a complete list, consult your health care provider or pharmacist.

Want to know more?

This summary is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or treatment. For more complete information, talk to your health care provider or pharmacist.

Visit myboniva.com or call 1-888-MyBONIVA for the complete Prescribing Information, which includes the Patient Information.

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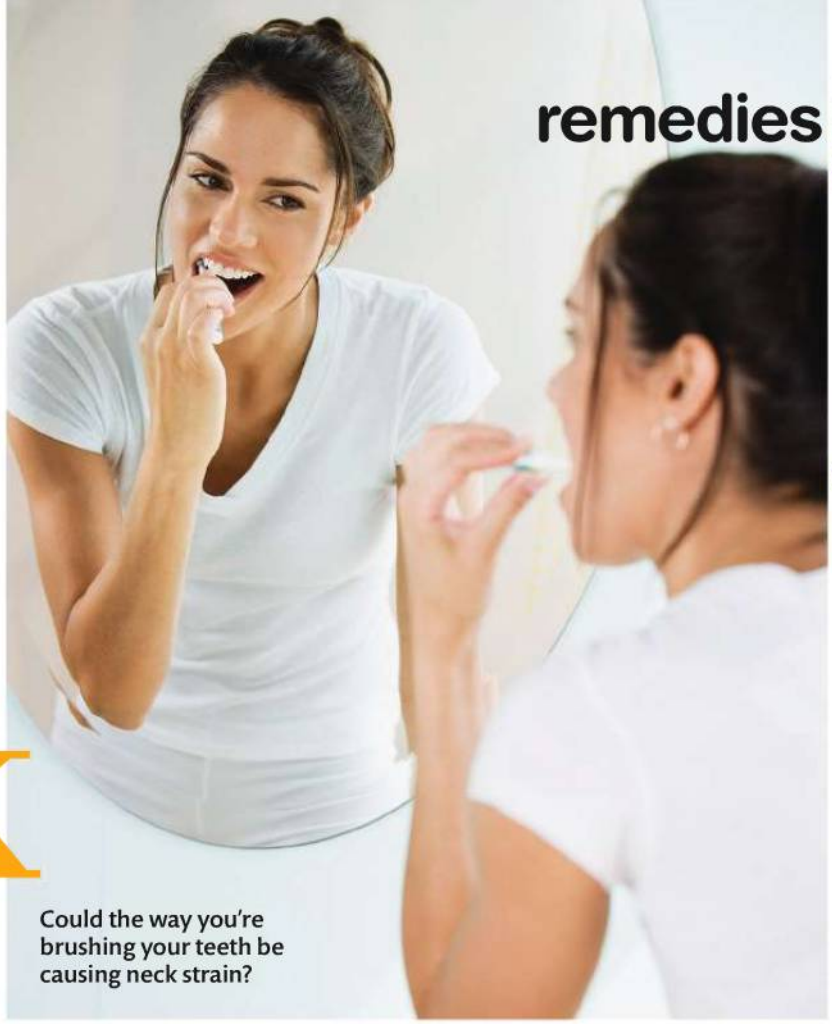
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A day in the life of your neck

Soothe the strain with some simple daily adjustments.



Could the way you're brushing your teeth be causing neck strain?

That small area between your head and your shoulders can be a big source of pain; in fact, two out of three people suffer from neck pain at some point in their life, reports a study published in the *British Journal of General Practice*. The reasons vary: Poor posture, sleeping in an awkward position, and stiffness from anxiety all contribute to the tight muscles that cause neck pain. Your weight may also be a factor, since a larger midsection can throw off the alignment of your neck, spine, and pelvis, leading to neck pain. Whatever the cause, the result is usually the same: soreness around the neck that can last for hours or days and leave you suffering—and reaching for pain relievers. The good news? A few tweaks in your daily routine can help offset your risk of neck pain. Check out the chart at right for the daily details.

TIME TO CALL THE DOC?

If your neck pain shoots down your arm or back or fails to subside after a week, call your physician. You may need an X-ray, which may reveal narrowing of the space between the spinal bones, slipped discs, or fractures. Your doc may also refer you to an osteopath or a physical therapist for further treatment.

When you're...	Neck check
brushing your teeth	bend from the hip—not from the neck—as you lean over the sink.
driving	gently rest your head on the headrest; don't stretch your neck too far forward or back.
working at your computer	make sure the center of your screen is slightly below eye level. If you have to lean forward to see, pull the monitor closer or enlarge the font.
walking	stand up straight—slouching puts extra pressure on your neck.
watching movies	avoid the front row. If you have no other option, ease down in your seat so that you're not craning your neck too far forward.
reading in bed	prop up your head and neck with firm pillows. Then bend your knees and rest your book or magazine against your legs.
sleeping	lie on your side, not on your back. Also, opt for an understuffed pillow—overstuffed ones raise your neck too high off the bed.

EXPERTS: ESTHER GOKHALE, ACUPUNCTURIST AND AUTHOR OF *8 STEPS TO A PAIN-FREE BACK* (PENDO PRESS, 2008); LISA MORRONE, PHYSICAL THERAPIST AND AUTHOR OF *OVERCOMING BACK AND NECK PAIN* (HARVEST HOUSE, 2008).

PHOTOGRAPHY: VEER.

BY AMY CAPETTA

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Together we can do a whole lot of good. As we lose weight and work to help fight hunger from September 5th – October 23rd, Weight Watchers® will donate up to $1 million* to Share Our Strength and Action Against Hunger to help feed children and families in need.

JOIN FOR FREE AND LET'S FIGHT HUNGER TOGETHER.**

*Campaign activities available in participating areas only from 9/5/10 to 10/23/10. Weight Watchers will donate up to $1 Million as follows: (1) For every 1 million pounds lost up to $100,000 donation will be based on select activities during the campaign period, such as: "Visit a Meeting for Free" coupons; "Lose-A-Palooza" social media day; to Action Against Hunger up to $300,000. To learn more about the participating charities, visit www.strength.org and www.actionagainsthunger.org. **Full campaign**

****Offer details: Registration fee waived. Must pay for meetings**. Offer valid 9/5/10 to 10/23/10 in participating areas only. Not valid for At Work meetings. Cannot be registered trademark.

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-Jennifer Hudson

WeightWatchers®
BECAUSE IT WORKS

WeightWatchers.com/LoseForGood

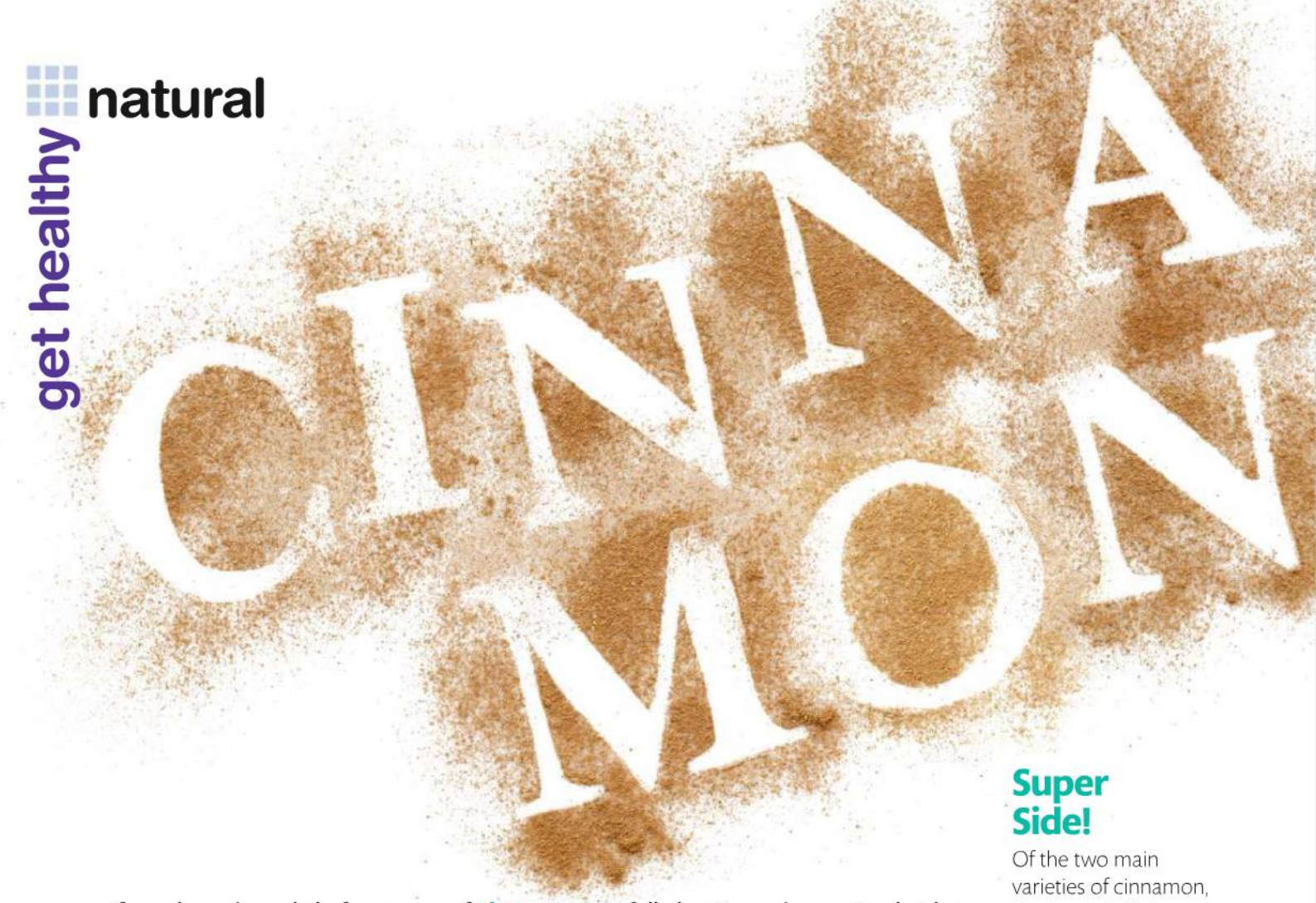
during campaign period, Weight Watchers will donate $225,000, up to $900,000; (2) The remaining and "Action Tuesdays." Donations will be made 70% to Share Our Strength up to $700,000 and 30% **details available at www.weightwatchers.com/loseforgood or in participating meeting rooms.** combined with other offers. ©2010 Weight Watchers International, Inc., owner of the Weight Watchers

Lose For Good® Campaign to Benefit:

NOKID HUNGRY
SHARE OUR STRENGTH

ACTION AGAINST HUNGER
ACT INTERNATIONAL

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If you love the subtle fragrance of **cinnamon** in fall classics such as spiced cider and mulled wine, you'll be happy to hear that your favorite spice may deliver more than just a flavor boost: Preliminary research suggests that cinnamon, which is derived from the dried bark of a tree in the laurel family, may also have powerful health benefits. More research is needed to confirm these findings, but here's a look at some of the potential payoffs:

Cholesterol Crusader

Can cinnamon take on LDL cholesterol? Maybe, say USDA researchers. **Study participants with type 2 diabetes who took cinnamon supplements saw improvements of more than 25 percent in both LDL and total cholesterol.** Cinnamon also decreased levels of triglycerides (fats that can build up in the blood) by as much as 30 percent. Note: It's not yet clear if cinnamon will improve triglyceride and LDL levels in people without diabetes.

Career Builder?

If you're feeling that you need an edge for a big meeting or presentation, give cinnamon a shot. A study conducted at Wheeling Jesuit University in West Virginia had participants complete cognitive tasks on a computer program after smelling cinnamon. The results suggest that **the spice may boost performance on cognitive tasks.** So order extra cinnamon on your a.m. cappucino.

Super Side!

Of the two main varieties of cinnamon, Ceylon and Chinese, the one you're most likely to find at the grocery store is Chinese. (Ceylon has a slightly sweeter taste and aroma.) **You can use cinnamon to spice up an everyday dish like rice.** Just add 1 small cinnamon stick and 1 pinch of tumeric to brown rice before cooking. Then cook as per package directions. Discard the cinnamon stick before eating. For even more of a flavor boost, serve spicy rice sprinkled with chopped fresh cilantro.

In medieval times, physicians used cinnamon to soothe sore throats. Try it yourself by mixing 1 tsp ground cinnamon and 2 tsp honey with 1 c boiling water. Steep and serve warm.

Need new ideas for cooking with cinnamon this fall? Visit weightwatchers.com/cinnamon.

PHOTOGRAPHY: MIHA MATEI.

BY GAIL O'CONNOR

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A handful of **no regrets.** Want a simple snack without the guilty aftertaste?

Make sure heart-smart, nutrient-rich California Almonds are always within reach. Just a handful a day can help you maintain healthy cholesterol levels. Learn more about the power of a handful at **AlmondBoard.com**



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Good news about almonds and heart health Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

california almonds®

AlmondBoard.com

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WHERE YOUR WANTS MEET YOUR SHOULDS

Introducing Arnold® Health-full™

With 80 calories a slice, fiber and protein to help satisfy your hunger, and great-tasting whole grains to indulge your taste buds.

That's satisfaction.





ARNOLD

healthfull™

Another bread perfected from Arnold®.

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cooking



Smashing Pumpkin

Have an extra pumpkin on hand? Bake it! Place 1 (3- to 5-lb) whole pumpkin on foil-lined baking sheet. Bake on lower oven rack at 350°F until small knife can easily be inserted into flesh, 1½–2 hours. Let cool. Cut out stem and cut away peel. Halve; scoop out seeds and strings with spoon and discard.

Keep cooked pumpkin on hand for puree: Cut into 2-inch chunks; puree chunks in batches in food processor or blender.

Add puree to pies or soups, or stir it into mashed potatoes or risotto. A 3-lb fresh pumpkin will yield about 3 c puree.

Store puree in airtight container in refrigerator up to 5 days or in freezer up to 6 months. If frozen, let thaw in fridge overnight.

PHOTOGRAPHY: ANTJE PLEWINSKI/GETTY IMAGES.

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ADVENTUROUS *tastiness.*



INDIAN SPICED GRILLED CHICKEN SKEWERS

Serves 8 | Serving size 1 skewer
***POINTS**® value per serving: 2*

6 oz.	**Weight Watchers® Peach Nonfat Yogurt**
1 tbsp	Ginger, fresh, minced/grated
1 tbsp	Garlic, fresh, minced (about 2-3 cloves)
1 tsp	Cumin, ground
1 tsp	Turmeric, ground
¼ tsp	Red pepper, flakes
2 tbsp	Cilantro, fresh, chopped
8	Chicken tenders, about 2 oz. each
½ tsp	Kosher salt
¼ tsp	Black pepper, cracked
2	Red bell pepper, fresh, cut each pepper in 16 pieces (32 total)
16	Onions, pearl
8	Wooden skewers, soaked in water for 30 minutes prior to using

1. Place Weight Watchers® Peach Nonfat Yogurt, ginger, garlic, turmeric, red pepper flakes, cumin and cilantro in a bowl and stir well until combined. 2. Place chicken tenders in a shallow glass baking dish. Season lightly with salt and pepper. 3. Cover with marinade and toss to coat the chicken with the marinade. 4. Cover and refrigerate until ready to serve. Allow the chicken to marinate for a minimum of 30 minutes or up to 4 hours. 5. Assemble skewers by alternating red bell pepper piece, onion, and marinated chicken tenders. Discard remaining marinade. 6. Grill skewers turning occasionally until chicken and vegetables are scored with grill marks and cooked through, about 14 to 16 minutes. 7. Place grilled skewers on a platter for serving.



WeightWatchers®

Explore delicious Weight Watchers® Yogurt in exotic new ways.
Continue the adventure at ***WeightWatchers.com/yogurt.***

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Meatball Moment



The classic pasta topper grows up with these refined yet affordable dishes.



Herbed Meatballs with Rice



Chinese Meatball Soup



Soft Tacos with Meatballs

PHOTOGRAPHY: MIHA MATEI; FOOD STYLING: ADRIENNE ANDERSON; PROP STYLING: PAIGE HICKS; RECIPES: LORI LONGBOTHAM. PHOTOGRAPHY: HOWARD SHOOTER/GETTY IMAGES (MEATBALLS, TOP LEFT).

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Herbed Meatballs with Rice B

PREP 20 MIN **COOK** 15 MIN **SERVES** 4

1 lb ground skinless turkey breast
¼ c + 3 Tbsp minced fresh flat-leaf parsley
1 Tbsp minced red onion
¼ tsp kosher salt
⅛ tsp black pepper
½ c water
20 red and/or yellow cherry tomatoes, halved
1 (8.8-oz) package cooked brown rice, heated

1 Combine turkey, ¼ c parsley, onion, salt, and pepper in medium bowl. Form into 16 (1½-inch) meatballs.
2 Spray nonstick skillet with nonstick spray; set over medium-high heat. Add meatballs; brown, turning, 6–8 minutes. Reduce heat. Cover; cook until cooked through, shaking pan constantly, 3–5 minutes. Set aside.
3 Add water to skillet; increase heat and cook, scraping up browned bits with spoon, until most liquid is evaporated. Add tomatoes and cook until softened, 2 minutes. Stir in meatballs and remaining 3 Tbsp parsley. Serve over rice.

PER SERVING (4 MEATBALLS WITH ⅓ CUP SAUCE AND ½ CUP RICE): 245 CAL, 7 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 74 MG CHOL, 182 MG SOD, 18 G CARB, 3 G FIB, 27 G PROT, 38 MG CALC. ***POINTS* VALUE: 5.**

ON THE BALL!

Here's how to build a better meatball:

- **DON'T OVERMIX** For the most tender meatballs, mix the ground meat and seasonings just until blended.
- **KEEP IT SMALL** Meatballs should have a diameter no greater than 2 inches—or the size of a golf ball. Otherwise they'll cook on the outside before the inside is done.
- **BROWN FIRST** Brown meatballs before adding them to a soup or sauce so they form a crust and won't fall apart.
- **CHILL EXTRAS** Refrigerate cooked meatballs in a soup or sauce (instead of separately) so they remain moist.

Soft Tacos with Meatballs B

PREP 20 MIN **COOK** 15 MIN **SERVES** 6

1 (4½-oz) can chopped green chiles
1 lb boneless pork loin, trimmed and and cut into ½-inch pieces
¼ tsp kosher salt
12 corn tortillas, heated according to package directions
4 c shredded romaine or iceberg lettuce
12 Tbsp fat-free salsa

1 Puree chiles in food processor. Add pork and salt; pulse until finely ground. Form into 36 (1-inch) meatballs.
2 Spray large nonstick skillet with nonstick spray and set over medium-high heat. Add 18 meatballs and cook, turning occasionally, until browned and cooked through, about 7 minutes. Transfer to plate. Spray skillet again with nonstick spray and repeat with remaining 18 meatballs.
3 Fill 1 tortilla with 3 meatballs, generous ⅓ c lettuce, and 1 Tbsp salsa. Repeat with remaining tortillas, meatballs, lettuce, and salsa to make total of 12 tacos.

PER SERVING (2 TACOS): 247 CAL, 7 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 48 MG CHOL, 376 MG SOD, 25 G CARB, 4 G FIB, 21 G PROT, 67 MG CALC. ***POINTS* VALUE: 5.**

Chinese Meatball Soup B

PREP 15 MIN **COOK** 20 MIN **SERVES** 4

1 (48-oz) can low-sodium chicken broth
Pinch kosher salt
1 lb ground skinless chicken breast
2 Tbsp hoisin sauce
¼ tsp black pepper
1 bunch watercress, tough stems removed
6 scallions, thinly sliced

1 Bring broth and salt just to boil in Dutch oven.
2 Meanwhile, combine chicken, hoisin sauce, and pepper in medium bowl. Form into 8 (2-inch) meatballs.
3 Spray large nonstick skillet with nonstick spray and set over medium-high heat. Add meatballs and cook, turning frequently, until browned, 6–8 minutes. Reduce heat, cover, and cook, shaking skillet occasionally, until meatballs are cooked through, 5–6 minutes. Add meatballs, watercress, and scallions to hot broth, stirring until watercress wilts.

PER SERVING (2 MEATBALLS WITH 2 CUPS SOUP): 225 CAL, 6 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 71 MG CHOL, 377 MG SOD, 10 G CARB, 1 G FIB, 34 G PROT, 69 MG CALC. ***POINTS* VALUE: 5.**

For a meatball tip, see Notebook, p. 120.

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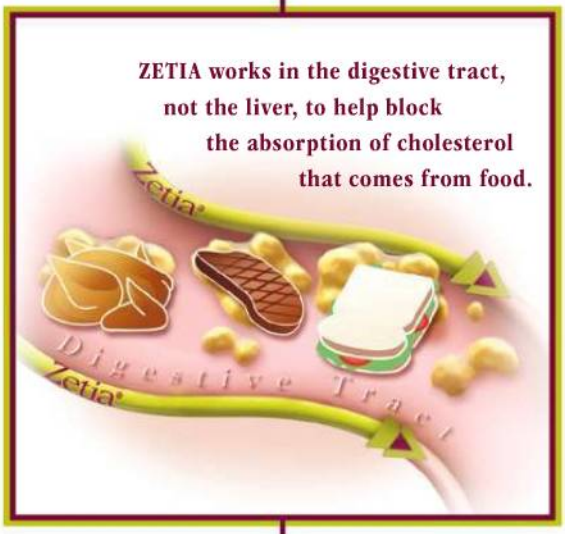
ZETIA Helps Fight Cholesterol Differently.

ZETIA helps lower cholesterol differently. Statins, the most common cholesterol-lowering medicines, are a good option. They work mainly with the liver. ZETIA works in the digestive tract, as do some other cholesterol-lowering medicines.

But ZETIA is unique in the way it helps block the absorption of cholesterol that comes from food.

Unlike some statins, ZETIA has not been shown to prevent heart disease or heart attacks.

A healthy diet and exercise are important, but sometimes they're not enough to get your cholesterol where it needs to be. ZETIA can complement your efforts. When added to a healthy diet, ZETIA can lower bad cholesterol (LDL) by an average of 18%. Individual results may vary.



Important Risk Information About ZETIA: ZETIA is a prescription medicine and should not be taken by people who are allergic to any of its ingredients. If you have ever had liver problems, are nursing or pregnant or may become pregnant, a doctor will decide if ZETIA alone is right for you.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. In clinical studies, patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and tiredness.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the more detailed information about ZETIA on the adjacent page. For more information, call **1-800-98-ZETIA** or visit **zetia.com**.

Zetia® (ezetimibe) Tablets

A different way to help fight cholesterol

Ask your doctor if ZETIA is right for you.

To find out if you qualify, call 1-800-347-7503.

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ZETIA® (EZETIMIBE) TABLETS
PATIENT INFORMATION ABOUT *ZETIA* (zĕt´-ē-ă)

Generic name: ezetimibe (ĕ-zĕt´-ĕ-mīb)

Read this information carefully before you start taking ZETIA and each time you get more ZETIA. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about ZETIA, ask your doctor. Only your doctor can determine if ZETIA is right for you.

WHAT IS *ZETIA*?

ZETIA is a medicine used to lower levels of total cholesterol and LDL (bad) cholesterol in the blood. ZETIA is for patients who cannot control their cholesterol levels by diet and exercise alone. It can be used by itself or with other medicines to treat high cholesterol. You should stay on a cholesterol-lowering diet while taking this medicine.

ZETIA works to reduce the amount of cholesterol your body absorbs. ZETIA does not help you lose weight. ZETIA has not been shown to prevent heart disease or heart attacks.

For more information about cholesterol, see the "What should I know about high cholesterol?" section that follows.

WHO SHOULD NOT TAKE *ZETIA*?

- Do not take ZETIA if you are allergic to ezetimibe, the active ingredient in ZETIA, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section that follows.
- If you have active liver disease, do not take ZETIA while taking cholesterol-lowering medicines called statins.
- If you are pregnant or breast-feeding, do not take ZETIA while taking a statin.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using ZETIA added to statin therapy.

ZETIA has not been studied in children under age 10.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING *ZETIA*?

Tell your doctor about any prescription and non-prescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- ever had liver problems. ZETIA may not be right for you.
- are pregnant or plan to become pregnant. Your doctor will discuss with you whether ZETIA is right for you.
- are breast-feeding. We do not know if ZETIA can pass to your baby through your milk. Your doctor will discuss with you whether ZETIA is right for you.
- experience unexplained muscle pain, tenderness, or weakness.

HOW SHOULD I TAKE *ZETIA*?

- Take ZETIA once a day, with or without food. It may be easier to remember to take your dose if you do it at the same time every day, such as with breakfast, dinner, or at bedtime. If you also take another medicine to reduce your cholesterol, ask your doctor if you can take them at the same time.
- If you forget to take ZETIA, take it as soon as you remember. However, do not take more than one dose of ZETIA a day.
- Continue to follow a cholesterol-lowering diet while taking ZETIA. Ask your doctor if you need diet information.
- Keep taking ZETIA unless your doctor tells you to stop. It is important that you keep taking ZETIA even if you do not feel sick.

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF *ZETIA*?

In clinical studies patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and feeling tired.

Patients have experienced severe muscle problems while taking ZETIA, usually when ZETIA was added to a statin drug. If you experience unexplained muscle pain, tenderness, or weakness while taking ZETIA, contact your doctor immediately. You need to do this promptly, because on rare occasions, these muscle problems can be serious, with muscle breakdown resulting in kidney damage.

Additionally, the following side effects have been reported in general use: allergic reactions (which may require treatment right away) including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing, rash, and hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle aches; alterations in some laboratory blood tests; liver problems; stomach pain; inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; headache; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on ZETIA. For a complete list of side effects, ask your doctor or pharmacist.

WHAT SHOULD I KNOW ABOUT HIGH CHOLESTEROL?

Cholesterol is a type of fat found in your blood. Your total cholesterol is made up of LDL and HDL cholesterol.

LDL cholesterol is called "bad" cholesterol because it can build up in the wall of your arteries and form plaque. Over time, plaque build-up can cause a narrowing of the arteries. This narrowing can slow or block blood flow to your heart, brain, and other organs. High LDL cholesterol is a major cause of heart disease and one of the causes for stroke.

HDL cholesterol is called "good" cholesterol because it keeps the bad cholesterol from building up in the arteries.

Triglycerides also are fats found in your blood.

GENERAL INFORMATION ABOUT *ZETIA*

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ZETIA for a condition for which it was not prescribed. Do not give ZETIA to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about ZETIA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ZETIA that is written for health professionals.

Inactive ingredients:
Croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.

Issued July 2009
REV 21

29480885T

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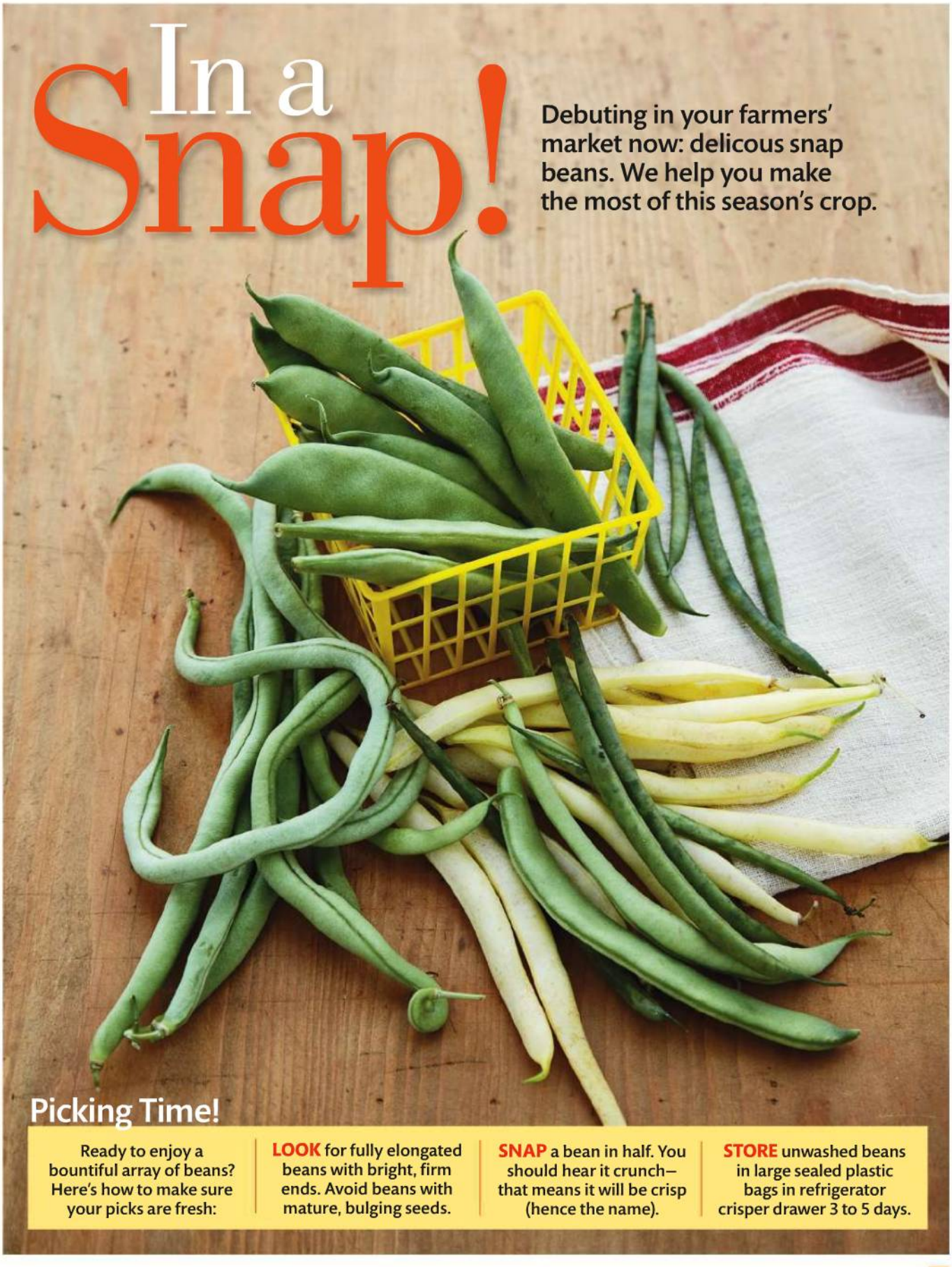
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In a Snap!

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Picking Time!

Ready to enjoy a bountiful array of beans? Here's how to make sure your picks are fresh:

LOOK for fully elongated beans with bright, firm ends. Avoid beans with mature, bulging seeds.

SNAP a bean in half. You should hear it crunch—that means it will be crisp (hence the name).

STORE unwashed beans in large sealed plastic bags in refrigerator crisper drawer 3 to 5 days.

PHOTOGRAPHY: MIHA MATEI.

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STICK IT
TO LAUNDRY STAINS!

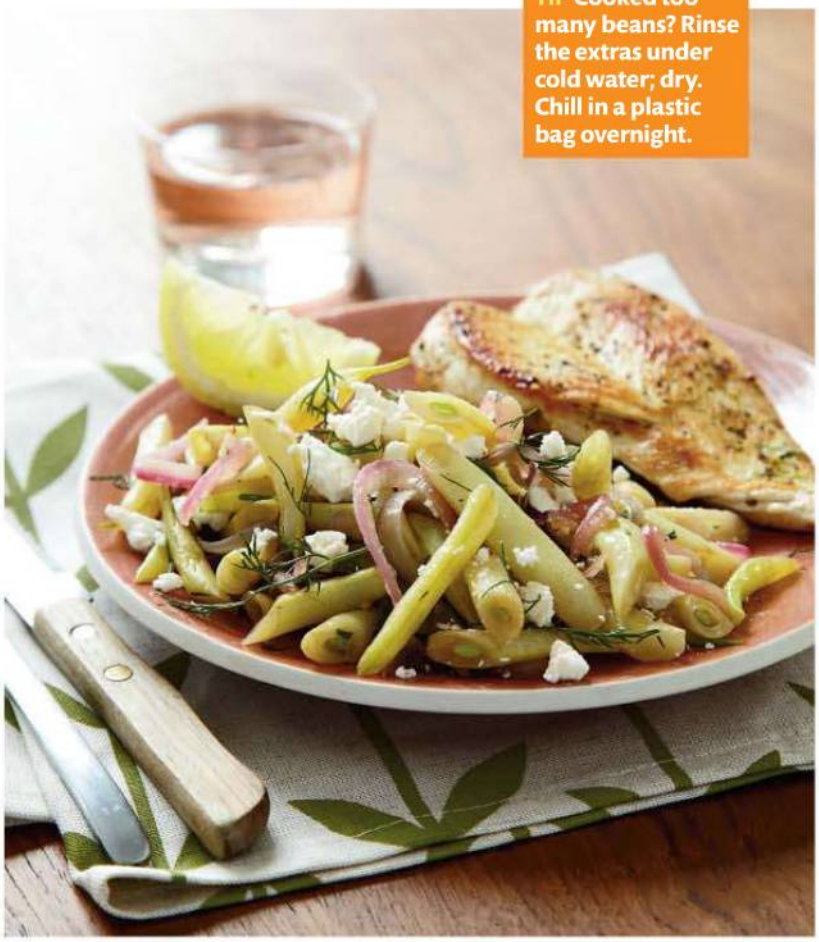


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TIP Cooked too many beans? Rinse the extras under cold water; dry. Chill in a plastic bag overnight.

Yellow Snap Beans with Dill B

PREP 15 MIN **COOK** 15 MIN **SERVES** 4

- 1 Tbsp olive oil
- 1 red onion, thinly sliced
- 1½ lbs yellow snap beans, trimmed and diagonally sliced into 1½-inch pieces
- ½ c water
- ½ tsp kosher salt
- ¼ tsp black pepper
- 4 Tbsp crumbled low-fat feta cheese
- 2 Tbsp chopped fresh dill
- Juice of ½ small lemon

1 Heat oil in large deep nonstick skillet or nonstick wok over medium-high heat. Add onion and cook, stirring frequently, until softened, about 4 minutes. Add beans, water, salt, and pepper; cover and cook, stirring occasionally, until beans are tender, 6–8 minutes. Uncover and cook, stirring frequently, until liquid is evaporated, about 2 minutes.
2 Add 2 Tbsp feta, dill, and lemon juice; cook, stirring frequently, until dill is wilted, about 1 minute. Serve sprinkled with remaining 2 Tbsp feta.

PER SERVING (ABOUT 1 CUP): 101 CAL, 4 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 2 MG CHOL, 276 MG SOD, 15 G CARB, 6 G FIB, 4 G PROT, 87 MG CALC. ***POINTS* VALUE: 2.**

BONUS RECIPE! **GREEK CHICKEN** Toss 4 (¼-lb) skinless, boneless chicken breasts, 2 tsp olive oil, 1 tsp Greek seasoning, ½ tsp salt, and ¼ tsp pepper in bowl. Cook in large nonstick skillet over medium-high heat 4 minutes per side. Serves 4. **PER SERVING** (1 CHICKEN BREAST) ***POINTS* VALUE: 3.**

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Italian Flat Beans with Pine Nuts B

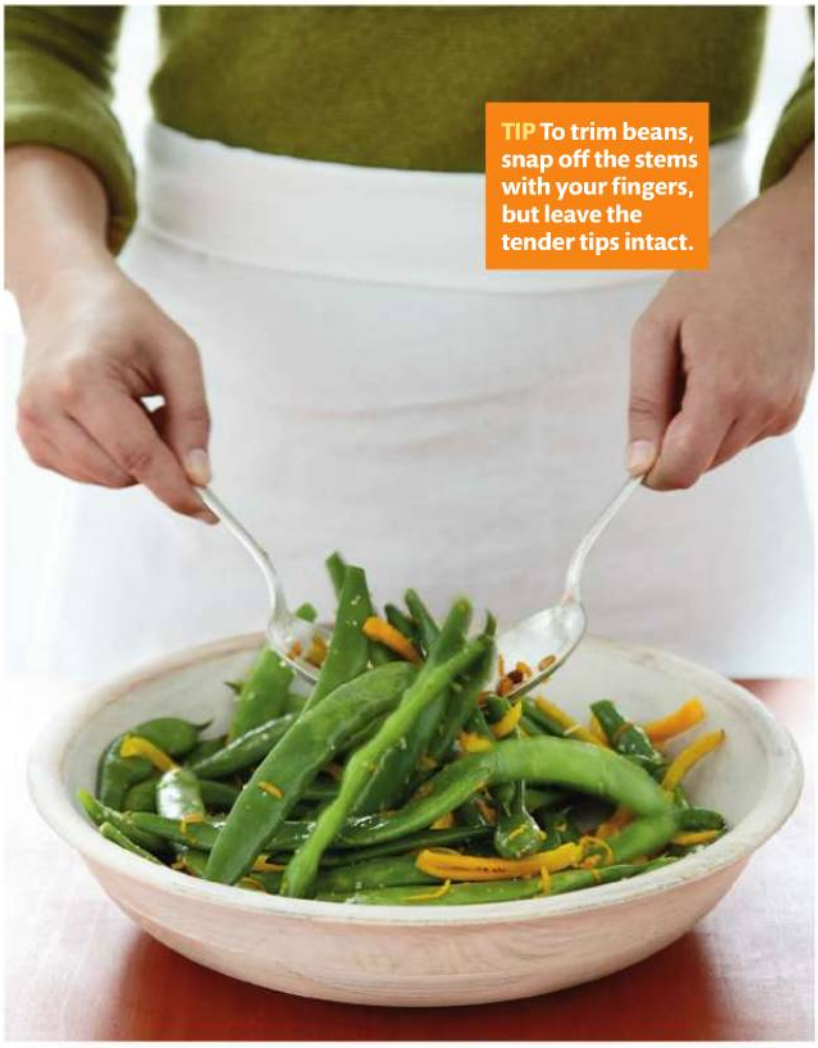
PREP 15 MIN **COOK** 10 MIN **SERVES** 4

1 lb fresh green or yellow Italian flat beans, trimmed
2 tsp extra-virgin olive oil
1 orange bell pepper, sliced
1 garlic clove, minced
Grated zest of ½ orange
¼ tsp each salt and black pepper
2 Tbsp toasted pine nuts

1 Put beans in steamer basket set in saucepan over 1 inch of boiling water. Cover tightly and steam until tender, 6–8 minutes.
2 Meanwhile, heat oil in large nonstick skillet over medium-high heat. Add bell pepper and cook, stirring frequently, until crisp-tender, about 2 minutes. Add garlic and cook, stirring constantly, about 30 seconds.
3 Remove skillet from heat; stir in beans, orange zest, salt, and black pepper. Serve sprinkled with pine nuts.

PER SERVING (ABOUT 1 CUP): 81 CAL, 5 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 154 MG SOD, 8 G CARB, 4 G FIB, 2 G PROT, 40 MG CALC. ***POINTS* VALUE: 1.**

IN THE KITCHEN Italian flat beans, sometimes called Romano beans or Italian green beans, are flatter and wider than other varieties of snap beans. Feel free to use them in any recipe that calls for snap beans, but avoid overcooking them, as they can become soft and mushy.



For more recipes, see p. 132. For more bean tips, see Notebook, p. 120.

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Mangia

Italian classics in the slow cooker? Now, that's a delicious duo!

Osso Buco–Style Beef Stew B

PREP 25 MIN **COOK/SLOW-COOK** 4 HR 20 MIN **SERVES** 8

STEW
2½ lbs bottom round roast, trimmed and cut into 1-inch cubes
¼ c all-purpose flour
3 tsp olive oil
2 onions, finely chopped
1½ c low-sodium beef broth
3 garlic cloves, chopped
1 (28-oz) can diced tomatoes, drained
4 carrots, thickly sliced
6 sprigs + ¼ c chopped fresh flat-leaf parsley
½ tsp salt
¼ tsp black pepper
GREMOLATA
½ c chopped fresh flat-leaf parsley
Grated zest of 1 large lemon
1 garlic clove, finely chopped

1 For stew, combine beef and flour in large bowl; toss to coat. Heat 1 tsp oil in large nonstick skillet over medium-high heat. Add one third of beef and cook, turning frequently, until browned, 4–5 minutes. Transfer to 5- or 6-quart slow cooker. Repeat with remaining oil and beef.

2 Add onions, broth, and garlic to skillet. Bring to boil, scraping up browned bits. Cook until onions are crisp-tender, 3 minutes. Add onion mixture, tomatoes, carrots, parsley sprigs, salt, and pepper to slow cooker; stir. Cover and cook until beef and vegetables are fork-tender, 4–6 hours on high or 8–10 hours on low. Discard parsley sprigs and stir in chopped parsley.

3 For gremolata, meanwhile, mix all ingredents in small bowl. Serve with stew.

PER SERVING (GENEROUS 1 CUP STEW WITH ABOUT 1 TBSP GREMOLATA): 302 CAL, 8 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 101 MG CHOL, 322 MG SOD, 13 G CARB, 3 G FIB, 43 G PROT, 62 MG CALC. ***POINTS* VALUE: 6.**

FILLING EXTRA Add ⅓ c cooked polenta to each serving and up the ***POINTS*** value by ***1.***



PHOTOGRAPHY: MIHA MATEI.

For more recipes, see p. 142. For gremolata tip, see Notebook, p. 118.

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Wake-up Call

Here's the ultimate breakfast plan for dieters: Make these tasty recipes when you have time; freeze, then defrost for a fast, healthy morning meal.

Whole Wheat–Buttermilk Waffles B

PREP 10 MIN **COOK** 30 MIN **SERVES** 8

1⅓ c whole wheat flour
½ c all-purpose flour
1½ tsp baking powder
1 tsp baking soda
½ tsp salt
2 c low-fat buttermilk
½ c fat-free egg substitute
¼ c packed brown sugar
1 Tbsp canola oil
1 tsp vanilla extract
Fresh blackberries and confectioners' sugar, for garnish (optional)

1 Preheat waffle iron according to manufacturer's directions.
2 Mix whole wheat flour, all-purpose flour, baking powder, baking soda, and salt in large bowl. Whisk buttermilk, egg substitute, brown sugar, oil, and vanilla in medium bowl until smooth. Add buttermilk mixture to flour mixture, stirring just until combined. (Mixture will be lumpy.)
3 When waffle iron is hot, ladle ½ c batter onto surface. Close lid and cook until waffle is golden, 4–5 minutes. Cool on rack. Repeat with remaining batter to make total of 8 waffles.
4 When waffles are cooled, divide between 2 large zip-close plastic freezer bags. Squeeze out air and seal bags. Freeze up to 1 month. To serve, transfer 1 frozen waffle to rack in preheated 350°F oven or toaster oven. Bake until heated through, about 5 minutes. Garnish with blackberries and confectioners' sugar (if using).

PER SERVING (1 WAFFLE WITHOUT GARNISH): 170 CAL, 3 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 2 MG CHOL, 492 MG SOD, 31 G CARB, 3 G FIB, 7 G PROT, 161 MG CALC. ***POINTS* VALUE: 3.**

IN THE KITCHEN For an even more elegant breakfast, top each waffle with our freezer-friendly Fall Pear Sauce (p. 140) and up the ***POINTS*** value by ***2.***



PHOTOGRAPHY: MIHA MATEI.

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Fruit Dip

Servings: About 12
(Makes: 23 tbsp.)
Serving Size: 2 tbsp.

1 POINTS VALUE
Per Serving

1	**8 oz. bar Weight Watchers® Reduced Fat Cream Cheese Spread** (room temperature)
1/4 cup	Marshmallow fluff
3 tbsp.	Sugar-free seedless raspberry preserves

Combine all ingredients. Blend thoroughly. Serve with fresh fruit.

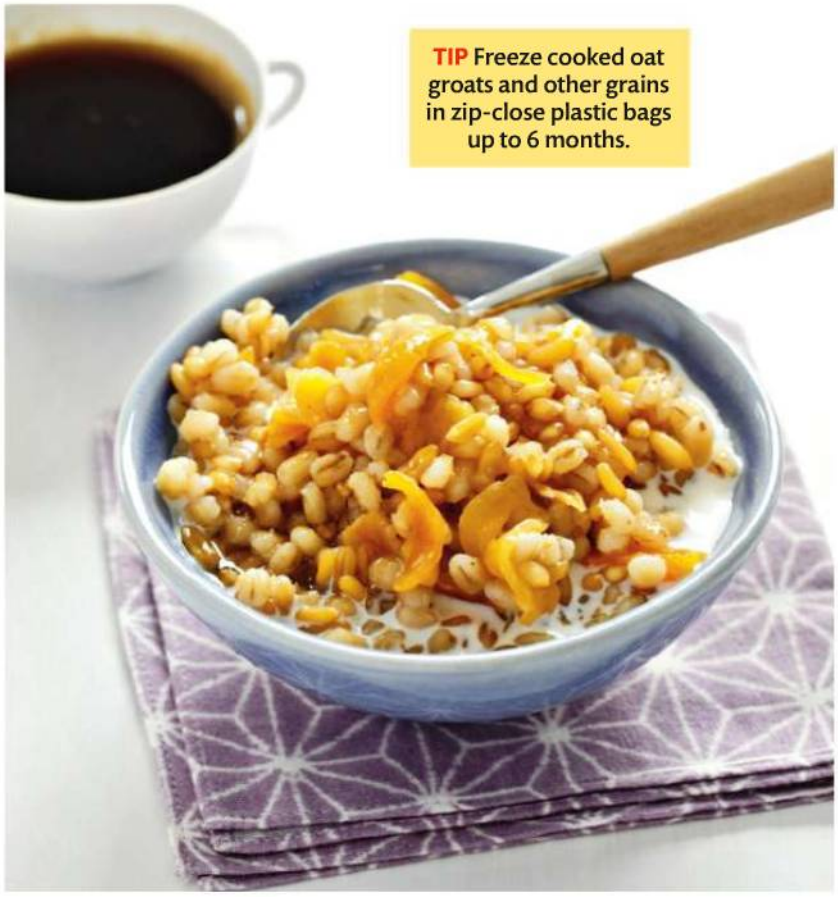


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TIP Freeze cooked oat groats and other grains in zip-close plastic bags up to 6 months.

Three-Grain Porridge B

PREP 15 MIN **COOK** 55 MIN **SERVES** 6

3 c water
2 c unsweetened apple cider or apple juice
½ c barley
⅓ c wheat berries
⅓ c oat groats or Kamut berries
1 (2½-inch) cinnamon stick
½ tsp kosher salt
½ c dried apricot halves, sliced ¼ inch thick
2 Tbsp maple syrup
2 c warm fat-free milk

1 Bring water, cider, barley, wheat berries, groats, cinnamon stick, and salt to boil in large heavy saucepan. Reduce heat, partially cover, and cook at low boil, stirring frequently, until grains are softened and most of liquid is absorbed, about 50 minutes. Remove saucepan from heat; discard cinnamon stick. Stir in apricots and maple syrup.

2 Transfer porridge to 6 (1-cup) microwavable freezer containers and let cool. Cover and freeze up to 2 months. For each serving, partially uncover 1 container. Microwave on Medium until thawed, 1½–2 minutes. Transfer porridge and ⅓ c milk to small microwavable bowl. Microwave on High until hot, about 1 minute, stirring once halfway through microwaving time.

PER SERVING (½ CUP PORRIDGE WITH ⅓ CUP MILK): 235 CAL, 1 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 2 MG CHOL, 178 MG SOD, 51 G CARB, 5 G FIB, 7 G PROT, 138 MG CALC. ***POINTS* VALUE: 4.**

IN THE KITCHEN Stuck with rock-hard dried apricots? Mix with 1 Tbsp water in glass bowl. Cover and microwave on High until soft, 45–60 seconds.

For more grain info, see Notebook, p. 118.

Did you try this recipe or another one in this issue? Tell us what you thought about it at **wwmfoodeditor@weightwatchers.com.**

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ASIAN CHICKEN AND RICE SALAD

- Microwave one container of Minute® Ready to Serve Brown Rice.
- Add cooked, diced chicken breast, sliced snow peas, sliced red onions and sesame-ginger salad dressing.
- Top with sliced almonds and mandarin orange segments, if desired.
- Serve on a bed of salad greens.
- If you feel like mixing it up, substitute Minute® Ready to Serve Brown & Wild Rice for the Brown Rice!

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Sweet & Salty

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Creamy Fudge B

PREP 15 MIN **COOK** 5 MIN **SERVES** 32

10 oz bittersweet or semi-sweet chocolate, finely chopped
1 (14-oz) can sweetened fat-free condensed milk
½ teaspoon vanilla extract
Pinch coarse sea salt
½ tsp flake sea salt

1 Line 8-inch-square baking pan with plastic wrap, leaving 2-inch overhang. Smooth out any wrinkles.
2 Combine chocolate, condensed milk, vanilla, and coarse sea salt in large heavy saucepan. Cook, stirring occasionally, over medium-low heat until chocolate melts and mixture is smooth, about 5 minutes. Transfer fudge to prepared pan; spread evenly with rubber spatula. Let cool. Cover with plastic wrap and refrigerate until firm, at least 2 hours or overnight.
3 Uncover fudge; remove from pan by lifting overhanging plastic wrap. Invert on cutting board; remove wrap. Cut fudge into 8 strips; then cut each strip crosswise into 8 pieces. If making ahead, cover and chill up to 2 weeks.
4 To serve, return fudge to room temperature. Sprinkle top evenly with flake sea salt.

PER SERVING (2 PIECES): 80 CAL, 3 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 1 MG CHOL, 43 MG SOD, 12 G CARB, 1 G FIB, 1 G PROT, 39 MG CALC. ***POINTS* VALUE: 2.**

IN THE KITCHEN What role does salt play in desserts? Used judiciously, it can enhance and add complexity to the sweetness of chocolate, caramel, and custard recipes—rather than making them just taste salty.

PHOTOGRAPHY: MIHA MATEI.

For more recipes, see p. 144. For salt tips, see Notebook, p. 118.

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Fall Rush

Our single-serving recipes will keep you fueled on the busiest days.

CHOOSE A BREAKFAST

EGG BAKE Preheat oven to 350°F. Squeeze dry ⅓ c frozen thawed spinach and put in 6-oz custard cup. Make well in center; add 1 egg. Top with 1 Tbsp salsa and 1 Tbsp shredded low-fat Cheddar. Bake about 15 min. MAKES ⅔ CUP. ***POINTS* VALUE: 3.**



FRUIT PARFAIT Simmer ½ c apple juice, zest and juice of ¼ lemon, pinch cinnamon, and pinch salt 10 min. Stir in 1 diced apple, 1 c diced fresh pineapple, and ½ c grapefruit sections. Chill. Top with 2 Tbsp plain fat-free Greek yogurt. MAKES 2½ CUPS. ***POINTS* VALUE: 4.**

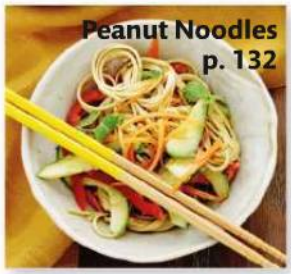
MINI-HOT CAKES Mix ¼ c fat-free egg substitute, ¼ c fat-free milk, and ½ tsp oil. Add ¼ c whole wheat flour, 1½ Tbsp wheat germ, and ½ tsp baking powder. Drop by ¼ cupfuls onto hot greased griddle. Cook 1–2 min per side. MAKES 4 CAKES. ***POINTS* VALUE: 5.**

CHOOSE A LUNCH

STEAK SLAW Preheat grill. Coat 1 (4-oz) filet mignon with 1 Tbsp low-fat Asian dressing; chill 15 min. Grill 2–3 min per side. Slice and toss with 1¼ c coleslaw mix, ¼ c snow peas, ¼ c sliced carrots, and 1 Tbsp low-fat Asian dressing. MAKES 2 CUPS. ***POINTS* VALUE: 5.**

CREAMY VEGGIE SOUP Puree 1 c cooked broccoli, ⅓ c vegetable broth, ¼ c thawed frozen spinach, 1 Tbsp miso, ½ Tbsp tahini, and ½ Tbsp rice-wine vinegar. Transfer to pan; add ¼ c diced tempeh and cook until hot. MAKES 1⅓ CUPS. ***POINTS* VALUE: 4.**

APPLE BURGER Preheat broiler. Mix ¼ lb ground turkey breast, 3 Tbsp shredded peeled apple, 1 Tbsp chopped scallion, and pinch thyme. Form into patty. Broil 5 min per side. Serve on 1 light hamburger bun. MAKES 1 BURGER. ***POINTS* VALUE: 5.**



CHOOSE A DINNER



FRUITY CHICKEN Mix 1 tsp olive oil and ½ tsp balsamic vinegar in bowl. Stir in 1 c baby arugula, 1 c orange sections, ½ c diced smoked chicken, ½ c cooked brown rice, and ½ c diced pear. MAKES 1¾ CUPS. ***POINTS* VALUE: 8.**

HAM-BEAN SKILLET Cook ¼ chopped onion, ½ chopped carrot, and 1 tsp oil in skillet 5 min. Stir in ⅔ c drained and rinsed canned beans, ⅓ c diced lean ham, ⅓ c broth, 2 Tbsp white wine, and ¼ tsp thyme. Cook 10 min. MAKES 1⅓ CUPS. ***POINTS* VALUE: 5.**

GREEK SALAD Mix ⅓ c crumbled low-fat feta, 4 pitted olives, 1 tsp oil, 1 tsp chopped sun-dried tomatoes, ½ tsp vinegar, and ¼ tsp oregano. Let stand 1 hr. Stir in 1½ c baby spinach and ⅓ c diced cucumber. MAKES 2⅓ CUPS. ***POINTS* VALUE: 4.**

CHOOSE A SNACK

CHOCOLATE MOUSSE Puree 2 Tbsp melted chocolate chips, ¼ c fat-free ricotta, 1 tsp maple syrup, and ⅛ tsp vanilla in blender. Pour into cup; cover and chill until firm, about 2 hrs. MAKES ⅓ CUP. ***POINTS* VALUE: 4.**

ENERGIZING SMOOTHIE Puree ½ ripe banana, ⅔ c fresh carrot juice, ½ c ice cubes, and ⅓ c vanilla low-fat or fat-free yogurt in blender or food processor. Serve in tall glass. MAKES 1⅓ CUPS. ***POINTS* VALUE: 3.**



EDAMAME DIP Boil ½ c frozen shelled edamame as package directs. Drain, reserving 3 Tbsp cooking liquid. Puree edamame, liquid, 1 Tbsp chopped basil, 1 tsp olive oil, and juice of ¼ lemon in blender. Serve with celery sticks. MAKES ¾ CUP. ***POINTS* VALUE: 3.**

PHOTOGRAPHY: MIHA MATEI (PORRIDGE, STEW, FUDGE); HALLIE BURTON (NOODLES).

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The New FAMILY Dinner

Wish suppers at home were a bit more successful? To help, we offer no-fail strategies to meet modern-day meal challenges.

BY CAROL PRAGER
PHOTOGRAPHY BY HALLIE BURTON



I loved my mom's sauce-and-spaghetti dinners growing up, but who has the time now?

HAVE NOODLE NIGHT!
Use quick-cooking soba noodles and an almost-no-cook sauce.

TRY **Peanut Noodles, p. 132**

PHOTOGRAPHY



How can I get my kids to go green?

DON'T SINGLE OUT VEGGIES

A pile of peas won't appeal to most kids. Get them used to the idea of eating veggies by working them in to dishes they're familiar with, like soups and sandwiches.

TRY Sneaky Meat Loaf Sandwiches, p. 128

FOOD STYLING: ADRIENNE ANDERSON; PROP STYLING: AMY WILSON; RECIPES: MAUREEN LUCHEJKO.

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How can I encourage my kids to be adventurous eaters?

GET THEM IN ON THE ACT!

Kids are more likely to eat foods that they've helped create, so dole out small, fun cooking tasks.

TRY **Shrimp Maki Rolls, p. 128**

For recipes, see p. 123. For a tip, see Notebook, p. 120.

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fit



Defy gravity! Balance training made The American College of Sports Medicine's annual list of the top 10 fitness trends, and a study published in the *British Medical Journal* found that performing balance exercises at home (like balancing on one leg or doing one-legged squats) may reduce your risk of ankle and back injuries in daily life.

Perform basic moves (like a seated chest press) on a stability ball. Balancing on an unstable surface forces you to engage the core.

Try this balance exercise to strengthen the spine: Kneel on all fours and raise an opposite arm and leg. Hold for 10 seconds; repeat on opposite sides.

Push yourself. If standing on one leg doesn't challenge your balance, up the difficulty by tossing a ball into the air and catching it while balancing on one leg.

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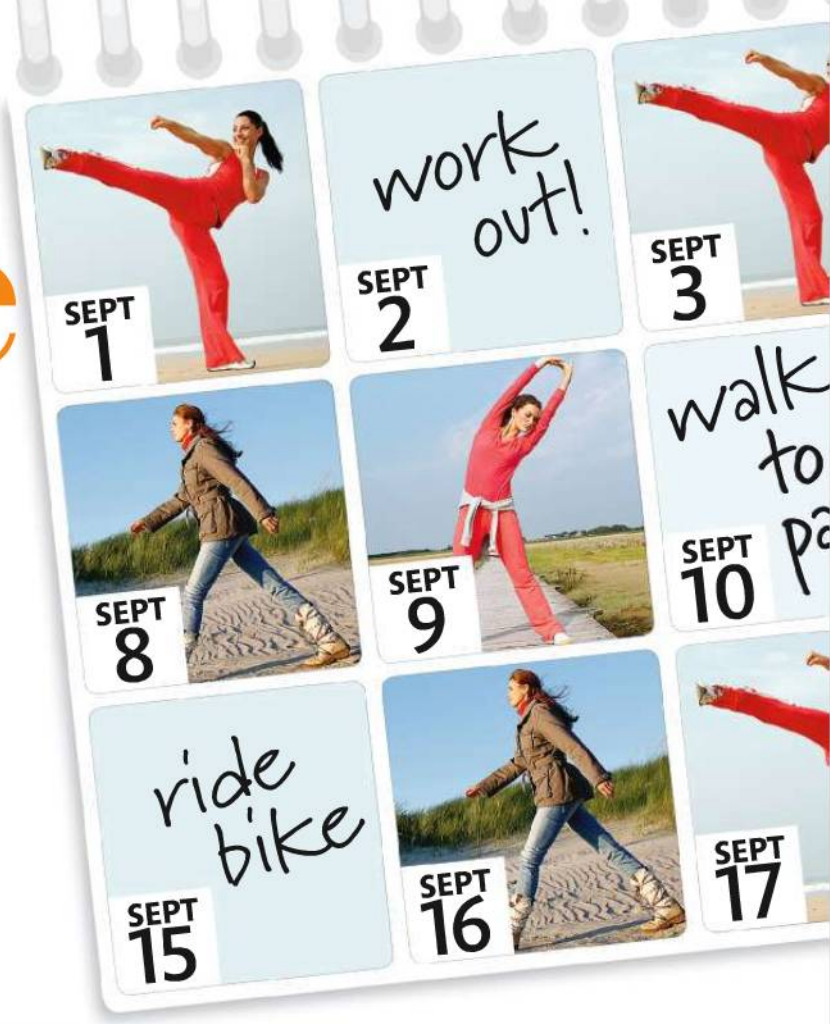


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Move Every Day!



You know those people who can't stand to miss even a day of exercise? Don't hate 'em because they're fit—join 'em!

1 Give it 60 days

Research shows that it takes this long to form a habit, so circle a date on your calendar that's 2 months away. Choose an activity, like an after-dinner walk, and start doing it daily. By your target date your walk should be second nature.

2 Redefine yourself

Even if you're just starting a new workout, refer to yourself as a swimmer or a kickboxer. You're more likely to commit yourself to an activity if you make it part of your identity instead of just something you do.

3 Groove, then move

Create a "get pumped" playlist to listen to *before* you work out—it will inspire you to get moving. Keep the jam going during your workout: Studies suggest that listening to music while exercising may rev up endurance by 15 percent.



4 Get real

If you missed your spin class, don't beat yourself up. Instead, create a backup plan that lets you get some exercise in for the day. "When you can't get an 'official' workout in, tally up small moves in your daily life," says Ioannis Pavlidis, physiology professor at the University of Houston. Take the stairs, walk to the store, or race your kids to the mailbox.

5 Use positive words

Statements like "I should work out today" make exercise seem like a burden, so swap the word *should* for *want*. When you tell yourself that you *want* to go for a bike ride, doing it will feel like a reward—not a chore.

PHOTOGRAPHY: RENATE FORSTER/JUMP FOTO (WOMAN KICKING); KRISTIANE VEY/JUMP FOTO (WOMAN WALKING); JUMP FOTO (WOMAN STRETCHING); STEFAN EISEND/JUMP FOTO (WOMAN SITTING).

BY WENDY TOTH

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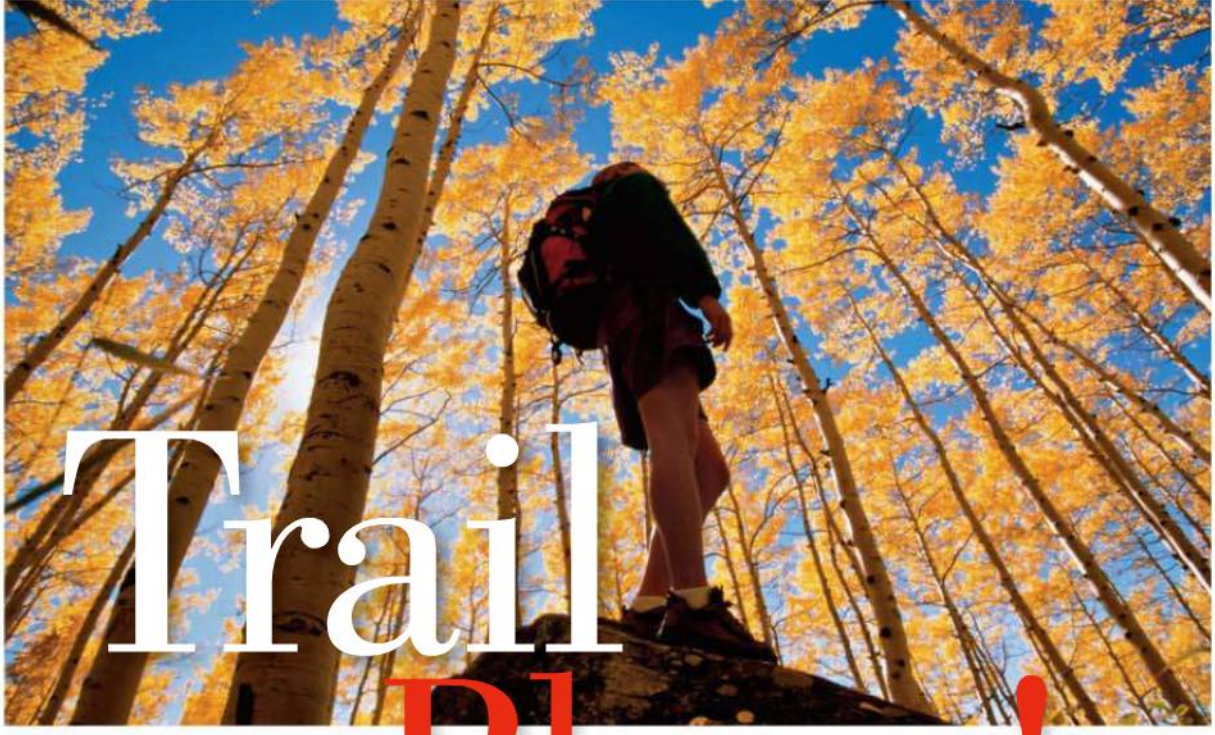
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Trail Blazer!

Consider trail walking if you're determined to get fit: Research shows that 94% of trail users get the recommended 150 minutes of exercise a week, as opposed to those doing other types of workouts. The good news is that it's easy to take up trail walking, thanks to the Rails-to-Trails Conservancy (RTC), a nonprofit group whose mission is to create a network of walking trails from deserted railroad tracks. To date, RTC has rehabbed trails in all 50 states. Interested? Here are more reasons to hit the trails today:

You care about the **environment.**

By walking these converted trails, you're supporting a massive recycling and preservation effort. **"The work that we do with finding a new use for this abandoned land is the largest national recycling program ever,"** says Jeff Ciabotti of the RTC, based in Washington, D.C. To date, 19,000 miles of old tracks have been converted to trails.

You're a **beginning** walker.

No hills here! "Trains stay below a 2% to 3% grade, making a converted track a walk that's perfect for a beginner," says Ciabotti. Walking enthusiasts of all levels can enjoy an outdoor trek—minus the climb. Another bonus for beginners? Trails are easy on the joints: Opt for a dirt or wood-chip trail.

You'd like to **let loose** a little.

If you normally log your steps during the week, **leave your pedometer at home and go for a free-form, scenic walk** on the weekend. Most routes have clear mile markings, so you'll still know just how much ground you've covered. Many trails even have maps with suggestions of nearby places to explore at each mile along the way.

You want to **make your own** trail.

Since sections of some trails have not been added to the growing trail database yet, RTC encourages users to explore those paths and add the info to their Web site, TrailLink.com. **Bring along a GPS device to chart your course;** then upload the directions and submit a creative name for your walk.

You want to bring **the family.**

It's easy to find a trail that fits your needs. Bringing kids? **Choose a trail with an asphalt path so they can bike or inline-skate alongside you.** Many trails are wheelchair or baby carriage accessible and have bridges in place for river crossings. You can also up the fun quotient by choosing a trail that offers horseback riding, bird-watching, or fishing.

For tips on finding the best trails and parks near you, check out weightwatchers.com/trailblazer.

PHOTOGRAPHY: DAVID EPPERSON/GETTY IMAGES.

BY NATALIE GINGERICH MACKENZIE

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Cattails or cat tails.
Try a different way to treat your allergies.

Whether you have outdoor allergies, indoor allergies, or both, ask your doctor about prescription SINGULAIR. While most allergy medicines block histamine, SINGULAIR works differently by blocking leukotrienes, an underlying cause of allergy symptoms. No other allergy medicine works like that. One SINGULAIR once a day is proven to help relieve allergy symptoms without causing drowsiness. Got allergy nose? **Ask your doctor about SINGULAIR. A different way to treat allergies.**

IMPORTANT SAFETY INFORMATION

SINGULAIR may cause serious side effects. Behavior and mood-related changes have been reported: agitation including aggressive behavior or hostility, bad or vivid dreams, depression, disorientation, feeling anxious, hallucinations (seeing or hearing things that are not really there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), tremor, and trouble sleeping. Tell your healthcare provider right away if you have any of these symptoms while taking SINGULAIR.

The most common side effects with SINGULAIR include upper respiratory infection, fever, headache, sore throat, cough, stomach pain, diarrhea, earache or ear infection, flu, runny nose, and sinus infection.

SINGULAIR should not be taken by people who are sensitive to any of its ingredients.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the Patient Information on the adjacent page and discuss it with your doctor. To learn more about SINGULAIR, visit singulair.com or call 888-MERCK-95.

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Patient Information
SINGULAIR® (SING-u-lair) (montelukast sodium) Tablets
SINGULAIR® (montelukast sodium) Chewable Tablets
SINGULAIR® (montelukast sodium) Oral Granules

Read the Patient Information Leaflet that comes with SINGULAIR before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your healthcare provider about your medical condition or your treatment.

What is SINGULAIR?

- SINGULAIR is a prescription medicine that blocks substances in the body called leukotrienes. This may help to improve symptoms of asthma and allergic rhinitis. SINGULAIR does not contain a steroid.

SINGULAIR is used to:

1. Prevent asthma attacks and for the long-term treatment of asthma in adults and children ages 12 months and older.

 Do not take SINGULAIR if you need relief right away for a sudden asthma attack. If you get an asthma attack, you should follow the instructions your healthcare provider gave you for treating asthma attacks.

2. Prevent exercise-induced asthma in people 15 years of age and older.

3. Help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat:
 - outdoor allergies that happen part of the year (seasonal allergic rhinitis) in adults and children ages 2 years and older, **and**
 - indoor allergies that happen all year (perennial allergic rhinitis) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to any of its ingredients.

See the end of this leaflet for a complete list of the ingredients in SINGULAIR.

What should I tell my healthcare provider before taking SINGULAIR?

Before taking SINGULAIR, tell your healthcare provider if you:
- are allergic to aspirin
- have phenylketonuria. SINGULAIR chewable tablets contain aspartame, a source of phenylalanine
- have any other medical conditions
- are pregnant or plan to become pregnant. If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you. If you become pregnant while taking SINGULAIR, talk to your healthcare provider about reporting your pregnancy to the Pregnancy Registry for SINGULAIR, or you can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if SINGULAIR passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby while taking SINGULAIR.

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For anyone who takes SINGULAIR:
- Take SINGULAIR exactly as prescribed by your healthcare provider. Your healthcare provider will tell you how much SINGULAIR to take, and **when to take it.**
- Do not stop taking SINGULAIR or change when you take it without talking with your healthcare provider.
- You can take SINGULAIR with food or without food. See the information below in the section "How should I give SINGULAIR oral granules to my child?" for information about what foods and liquids can be taken with SINGULAIR oral granules.
- **If you or your child misses a dose of SINGULAIR, just take the next dose at your regular time.** Do not take 2 doses at the same time.
- If you take too much SINGULAIR, call your doctor.

For adults and children 12 months of age and older with asthma:
- Take SINGULAIR 1 time each day, in the evening. Continue to take SINGULAIR every day for as long as your healthcare provider prescribes it, even if you have no asthma symptoms.
- Tell your healthcare provider right away if your asthma symptoms get worse, or if you need to use your rescue inhaler medicine more often for asthma attacks.
- **Do not take SINGULAIR if you need relief right away from a sudden asthma attack.** If you get an asthma attack, you should follow the instructions your healthcare provider gave you for treating asthma attacks.
- Always have your rescue inhaler medicine with you for asthma attacks.
- Do not stop taking or lower the dose of your other asthma medicines unless your healthcare provider tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:
- Take SINGULAIR at least 2 hours before exercise.
- Always have your rescue inhaler medicine with you for asthma attacks.
- If you take SINGULAIR every day for chronic asthma or allergic rhinitis, **do not** take another dose to prevent exercise-induced asthma. Talk to your healthcare provider about your treatment for exercise-induced asthma.
- **Do not take 2 doses of SINGULAIR within 24 hours (1 day).**

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:
- Take SINGULAIR 1 time each day, at about the same time each day.

How should I give SINGULAIR oral granules to my child?

Give SINGULAIR oral granules to your child exactly as instructed by your healthcare provider.

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:
- right in the mouth; or
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk; or
- mixed with 1 spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Give the child all of the mixture right away, within 15 minutes.

Do not store any leftover SINGULAIR mixture (oral granules mixed with food, baby formula, or breast milk) for use at a later time. Throw away any unused portion.

Do not mix SINGULAIR oral granules with any liquid drink other than baby formula or breast milk. Your child may drink other liquids after swallowing the mixture.

What is the dose of SINGULAIR?

The dose of SINGULAIR prescribed for your or your child's condition is based on age:
- 6 to 23 months: one packet of 4-mg oral granules.
- 2 to 5 years: one 4-mg chewable tablet or one packet of 4-mg oral granules.
- 6 to 14 years: one 5-mg chewable tablet.
- 15 years and older: one 10-mg tablet.

What should I avoid while taking SINGULAIR?

If you have asthma and aspirin makes your asthma symptoms worse, continue to avoid taking aspirin or other medicines called non-steroidal anti-inflammatory drugs (NSAIDs) while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

SINGULAIR may cause serious side effects.

- **Behavior and mood-related changes.** Tell your healthcare provider right away if you or your child have any of these symptoms while taking SINGULAIR:
 - agitation including aggressive behavior or hostility
 - bad or vivid dreams
 - depression
 - disorientation
 - feeling anxious
 - hallucinations (seeing or hearing things that are not really there)
 - irritability
 - restlessness
 - sleep walking
 - suicidal thoughts and actions (including suicide)
 - tremor
 - trouble sleeping
- **Increase in certain white blood cells (eosinophils) and possible inflamed blood vessels throughout the body (systemic vasculitis).** Rarely, this can happen in people with asthma who take SINGULAIR. This usually, but not always, happens in people who also take a steroid medicine by mouth that is being stopped or the dose is being lowered.

Tell your healthcare provider right away if you get one or more of these symptoms:
- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

The most common side effects with SINGULAIR include:
- upper respiratory infection
- fever
- headache
- sore throat
- cough
- stomach pain
- diarrhea
- earache or ear infection
- flu
- runny nose
- sinus infection

Other side effects with SINGULAIR include:
- increased bleeding tendency
- allergic reactions [including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching]
- dizziness, drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nose bleed, stuffy nose
- diarrhea, heartburn, indigestion, inflammation of the pancreas, nausea, stomach or intestinal upset, vomiting
- hepatitis
- bruising, rash
- joint pain, muscle aches and muscle cramps
- tiredness, swelling

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of SINGULAIR. For more information ask your healthcare provider or pharmacist.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store SINGULAIR?
- Store SINGULAIR at 59°F to 86°F (15°C to 30°C).
- Keep SINGULAIR in the container it comes in.
- Keep SINGULAIR in a dry place and away from light.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for purposes other than those mentioned in Patient Information Leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your healthcare provider. You can ask your pharmacist or healthcare provider for information about SINGULAIR that is written for health professionals. For more information, go to www.singulair.com or call the Merck National Service Center at 1-800-NSC-Merck (1-800-672-6372).

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

Inactive ingredients:
- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.

 People with Phenylketonuria: SINGULAIR 4-mg chewable tablets contain 0.674 mg of phenylalanine, and SINGULAIR 5-mg chewable tablets contain 0.842 mg of phenylalanine.

- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, and magnesium stearate. The film coating contains: hydroxypropyl methylcellulose, hydroxypropyl cellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

US Patent No.: 5,565,473

Issued May 2010

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Hard Core

Want flatter abs, better balance, and a stronger back? Then look no further than the side plank—the ultimate multitasking move.



THE MOVE Lie on your right side with right elbow under shoulder. With knees on the floor and hips lifted, extend left arm toward the ceiling. Your body should form a triangle with the floor. Hold for 10 seconds, working up to 1 minute. Repeat on your left side.

Lift high

Extend your arm toward the ceiling to help keep your balance—and tone the upper arm.

Hold it in

Squeeze your abs and pull your belly button toward your spine.

Get the sides

Press left hip upward as high as you can to engage obliques (sides of abs).

Lean on

Use your right forearm to lift your body. Then engage your core to lift midsection even higher.

NEED AN UPGRADE? After mastering the modified side plank (*above*), try a traditional side plank: Instead of resting knees on floor, extend legs straight out. Keep feet stacked and raise hips and knees off the floor (your body should make one long diagonal from head to feet). You'll add an extra 25 percent of your body weight to the move, making it more challenging.

PHOTOGRAPHY: CHRIS FANNING; HAIR AND MAKEUP: STACY BENEKE FOR MARK EDWARD; STYLING: ABBY JOHNSON.

EXPERT: VICTORIA GALLAGHER, A NEW YORK–BASED PERSONAL TRAINER.

BY JESSICA WOZINSKY

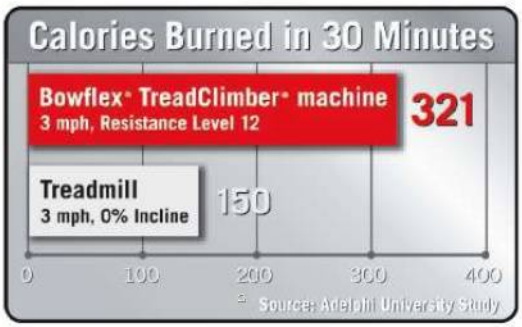
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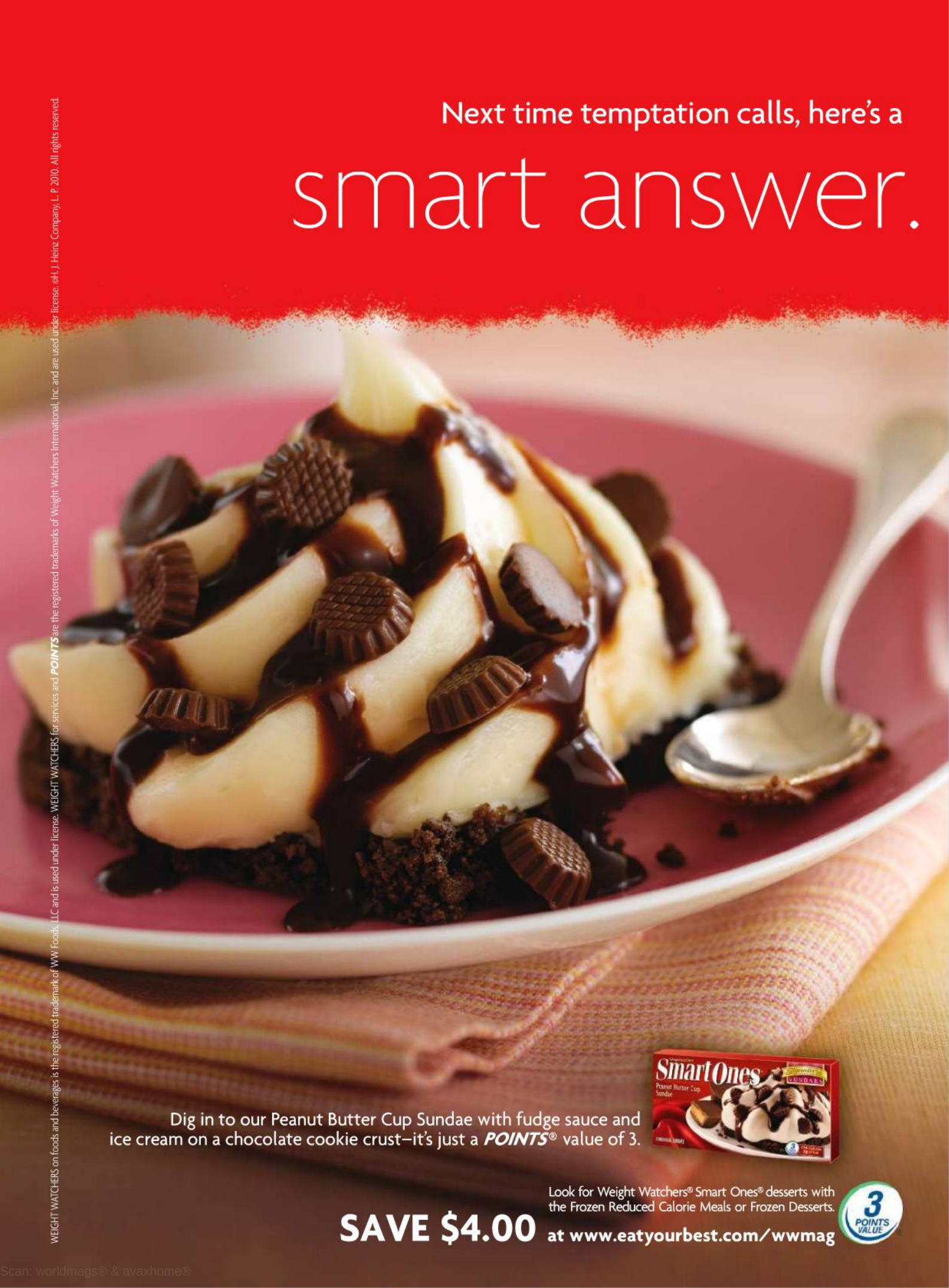
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Hot Wheels

When it comes to workouts that deliver a sense of freedom, cycling tops the list. Whether you bike to a buddy's house, for your favorite cause, or with the family, ease and flexibility are just two of biking's biggest selling points. **Haven't biked in years? Not to worry.** With our 8-week plan you'll be able to conquer 35 miles. Unbelievable, you say? Not really. This 3-hour ride is doable even for beginners. So, dust off that Schwinn and get started!

Step 1 GET IN GEAR

You don't need much in order to cycle, but a few key products will keep you safe or just make your ride more enjoyable.

MUST-HAVES

Helmet Pretty obvious, but critical: The helmet will absorb the force of a fall and protect your noggin.
GIRO SKYLA SPORT BIKE HELMET, $40, AMAZON.COM



Flat-tire repair kit Even if you can't change a tire, having the tools handy (a hand pump, tubes, and tire levers) makes it more likely that a fellow cyclist can help you.
BELL SPORTS BLACKBURN AIRSTIK SL ROAD PUMP, $24.99, PARAGONSPORTS.COM



Water bottle For rides over an hour, mix half of a sports drink with water. The electrolytes and sodium will replenish what you lose through sweat—and keep you energized.
POLAR INSULATED WATER BOTTLE, $9.99, JENSONUSA.COM





Sunglasses They'll prevent squinting and sun damage on bright days plus keep debris and bugs from getting in your eyes.
ENDURING PACE SUNGLASSES, $180, OAKLEY.COM

NICE-TO-HAVES

Padded bike shorts If there's anything to splurge on, padded bike shorts are it. Your bum will thank you! C9 BY CHAMPION BIKE SHORTS, $14.99, TARGET.COM

Bicycle pedometer Motivated by how many steps you log? This tool is the biking equivalent: Most can be easily mounted on any bike. VENTURA WIRELESS CYCLE COMPUTER, $19, WALMART.COM

Step 2 POSITION YOURSELF

Engage your core and relax your upper body when riding. Many beginners lock their arms, which causes fatigue and makes steering more difficult. **TIP** When riding, use what cycling coaches call piano fingers. Your hands should rest lightly on the handlebars as you ride—as if you were playing the piano.

PHOTOGRAPHY: ERICKA MCCONNELL (WOMAN).

BY KAREN ASP

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Step 3 GO THE DISTANCE

Ready to put the pedal to the metal? Follow our routine, and in 8 weeks you'll be ready to ride 35 miles.

CHOOSE ANY 4 DAYS OF THE WEEK TO RIDE

	Day 1	Day 2	Day 3	Day 4
Week 1	6 miles (30 min)	6 miles (30 min)	6 miles (30 min)	6 miles (30 min)
Week 2	6 miles (30 min)	6 miles (30 min)	6 miles (30 min)	9 miles (45 min)
Week 3	9 miles (45 min)	9 miles (45 min)	9 miles (45 min)	12 miles (1 hr)
Week 4	9 miles (45 min)	12 miles (1 hr)	9 miles (45 min)	12 miles (1 hr)
Week 5	12 miles (1 hr)	18 miles (1 hr 30 min)	12 miles (1 hr)	24 miles (2 hr)
Week 6	12 miles (1 hr)	18 miles (1 hr 30 min)	12 miles (1 hr)	30 miles (2 hr 30 min)
Week 7	12 miles (1 hr)	18 miles (1 hr 30 min)	12 miles (1 hr)	30 miles (2 hr 30 min)
Week 8	12 miles (1 hr)	18 miles (1 hr 30 min)	REST	35 miles! (3 hr)

Share the Road

Traffic can be the most daunting part of biking—especially if you live in a city or busy town. However, whether you're on a busy road or not, you should always "behave as though you're part of the traffic," says Lorri Lee Lown, founder and coach of Velo Girls, a women's cycling club in San Francisco. **Ride on the right side of the road, not on the left, so you're going with the traffic, and obey traffic signals, stop signs, and lights.** If you're biking at dusk or dawn, make yourself visible by wearing bright colors and using a front and rear headlight.

READY FOR MORE?
Put those cycling skills to the test by signing up for a ride. Log on to www.bikeride.com to find one near you.

Has biking become a part of your daily exercise? Let us know! E-mail us at **wwmeditor@weightwatchers.com.**

PHOTOGRAPHY: STEFANIE GREWEL/CORBIS.

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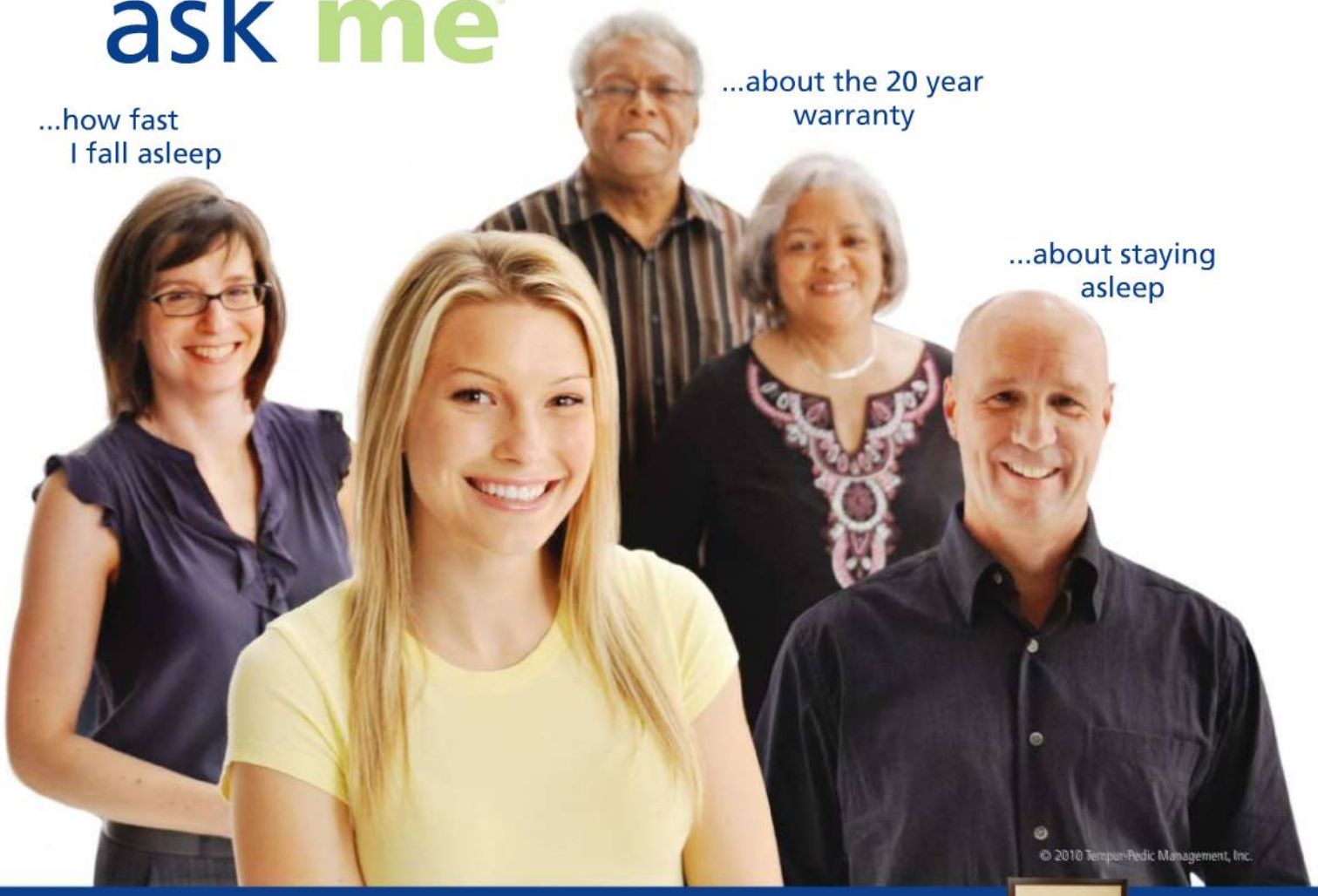
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Model Behavior

The finalists in The 2010 Weight Watchers Role Model of the Year Contest defied tough challenges—from newborns and night shifts to the dreaded D (divorce) and the big C (cancer). Here, they'll inspire you to win at losing too.

BY MICHELE SHAPIRO • PHOTOGRAPHY BY KAREN PEARSON



HAIR: GEORGE ORTIZ FOR L'ORÉAL PROFESSIONNEL TEXTURE EXPERT; MAKEUP: LAZARUS; FASHION STYLING: EMMA PRITCHARD FOR BA REPS.

MODEL MOTTO

"Life's short; don't waste it missing out on things because you're overweight."

–Heather Hamilton, 29, nurse
Indianapolis • Lost 85 lbs.

THE NIGHT OWL "I finally owned up to the notion that it was me, not the night shift, that was responsible for my weight gain. Just before my second child was born, last March, I was up to 257 pounds. At a routine visit to my ob-gyn, the nurse took out an extra-large cuff to check my blood pressure: My arm was too big for a regular cuff. I realized I couldn't hide my weight anymore—night shift or not, I had to get serious about losing."

Love the looks on these pages? Turn to p. 150 for shopping information.



MODEL MOTTO

"Make yourself a priority."

–Alycia Gaither, 41, accountant
Raleigh, NC • Lost 45 lbs.

THE SURVIVOR "After gaining 60 pounds while pregnant with my son, I realized the importance of fitting in some time for myself. I adopted a healthier lifestyle and focused on losing weight, which ended up saving my life. In 2008, I was diagnosed with breast cancer. I found the lump in my breast myself—I may not have if I'd been heavier. I underwent chemo and radiation, and my healthier lifestyle had a lot to do with how well I responded to treatment."



MODEL MOTTO

"Celebrate your successes every step of the way."

–Catherine Parkinson, 29, project manager
Huntington Beach, CA • Lost 94 lbs.

THE TEAM LEADER "I watched the 2007 NFL draft on TV and realized that I weighed more than all but a handful of the football players. That was my wake-up call! I enlisted a team of five friends, and we're each other's cheerleaders. We told ourselves that no matter how long it took to lose the weight, we were going to do it."



MODEL MOTTO

"For me, it helps to take things one day at a time."

–Alexandra Saland, 29, marketing executive
Forest Hills, NY • Lost 118 lbs.

THE SPINMASTER "After gaining and losing for 10 years, I'd just about accepted that I'd always be overweight. Then one day I said, 'No! This is not me. I deserve to be healthy and thin.' The real key for me, in addition to changing the way I ate, was finding a fitness activity I could commit to: I found it in Spinning, which I love! Now I've even got my dad doing it."

MODEL MOTTO

"Saying that you can't lose weight in your 40s is ridiculous."

–Arlene Freeland, 48, teacher
Marietta, GA • Lost 101 lbs.

THE A+ STUDENT "I weighed over 250 pounds and was continuing to gain when, during a routine checkup, my physician stretched a measuring tape around my waist. I was mortified—and ready to change. I'm proud that I was able to lose weight even while I was both working toward my master's degree and struggling with the illnesses, and eventual deaths, of my parents. I realized how far I'd come when my students didn't recognize me after summer break!"

MODEL Behavior



Role Model of the Year!

MODEL MOTTO

"You don't have to sacrifice nights out with friends–or even fast food–to lose weight."

–Sarah Vonhoff, 30, HR executive
North Aurora, IL • Lost 71 lbs.

THE WINNER! "Back in 2008, after my husband and I split up, the pain of the loss took its toll on me. I dealt with divorce by trying to eat and drink my way through it. All the drinking led to late-night fast-food runs, and the pattern became a vicious cycle. At the time I didn't think I was *that* big, but my pants were tight, and I knew it was time to do something. I still love wine and beer, but I don't let them get the best of me anymore. Now I'm proud of what I see in the mirror and of what I've become."

To check out their before shots–and read more about our winners–visit weightwatchers.com/rolemodel2010.

Lose your

At every stage of life, we (OK, women) have a little extra baggage to contend with—and by baggage we mean weight.



STAGE 1 freshman 15

Whether you're a college freshman coping with classes and parties while trying to fend off the frosh 15, a busy mom juggling parenthood while attempting to lose the baby weight, or a career woman at the top of her game but eager to avoid the dreaded "menopot," you can relate. The good news is your baggage doesn't have to bring you down. The latest science is laying to rest age-old expectations about weight gain that's linked to age and life stages. The research suggests that weight



STAGE 2 baby weight

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Baggage

BY MELISSA WALKER

gain over the years—particularly before menopause—has more to do with behaviors and attitudes than biology or the number of candles on your cake. The experts we interviewed for this story, the latest research, and even members of *WWM*'s own Reader Panel (read their thoughts throughout this piece) all agree on one thing: When it comes to age-related weight gain, behavior can be the ticket to defying expectations and keeping the pounds at bay. So the good news is you have more control over your weight than you thought, but it's going to take focus and hard work to achieve that control. Now, if you could only find the perfect bag!



STAGE 3 menopause

PHOTOGRAPHY: ISTOCKPHOTO (BACKPACK); NICOLE HILL/GETTY IMAGES (DIAPER BAG). FOR DOLCE & GABBANA HEATHER TOTE, SEE SHOP GUIDE, P. 150.

Turn the page to learn how to put the latest age-related weight-loss research to work for you. >

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fend off the frosh 15



For many "the freshman 15" is as much a part of the college experience as cranking out term papers. In fact, the results of a 2009 Utah State University study that looked at weight gain among college freshmen led researchers to conclude that one in four students gains 10 percent of his or her precollege body weight during freshman year.

This gain can be attributed more to behavioral shifts than to physical or hormonal changes. **"The lifestyle change is drastic," says Cara Moncur, R.D., a research assistant for the study.** "Students get less sleep, eat more unhealthy foods, and drink more alcohol than they did when they lived at home. Plus, they're less active." These factors, compounded with the occasional bout of homesickness, can lead even disciplined eaters astray. A Cornell University study of college freshmen cited "tangible environmental stimuli," including dining halls and midnight eating excursions, for the "significant" gain (approximately 2 pounds in 12 weeks) of its study participants.

The bigger issue is that for most, freshman-year weight gain doesn't end in May; the same behaviors that trigger the increase often snowball, leading to the sophomore 20 and the junior 30. "The key to keeping weight in check is recognizing these behaviors and reining them in before they spiral out of control."

don't wait to lose the baby weight

CASE STUDY

Sleepy Snacker

Shannon Rozich, 26, Pittsburgh

"After giving birth to my son, I'd grab a few chocolate kisses every time I went into the kitchen to fix him a bottle. Then I wondered why I wasn't losing weight. Now I make the most of my meals. I have plenty of protein and fiber, and I feel 110 percent better."



Losing pregnancy pounds is often a low priority for new moms. However, the science shows that decision is a critical mistake. **New research indicates that if you don't take off the excess weight you gain during pregnancy within your child's first year, you're likely to be overweight down the road.**

Plus, most new moms are sleep deprived, and it turns out that the sleep-weight link is critical: According to a study conducted by Kaiser Permanente and Harvard Medical School, mothers who reported sleeping 5 hours or fewer when their babies were 6 months old had three times the risk of substantial weight retention (11 pounds or more) at their baby's first birthday, compared with moms who slept 7 hours. The researchers

prevent the midlife gain



Most women—even those who never had weight issues—tend to gain in their 40s and 50s. Since menopause usually occurs at this stage, some of the gain can be attributed to hormonal shifts. However, the latest science reveals that body composition also plays a significant role. **"Menopause alone does not seem to be responsible for the gain that so many women experience in midlife,"** says Barbara Sternfeld, Ph.D., a senior research scientist at Kaiser Permanente. "In midlife, women gain pretty much the same amount of weight whether they're transitioning from peri- to postmenopause or remain perimenopausal."

After age 45, Sternfeld adds, a woman loses around 10 percent of her muscle mass every decade, changes that slow the metabolism. In other words, it's not your imagination: Since you burn fewer calories, you can't eat as much as you used to without gaining. In fact, the average 50-year-old woman requires 300 to 500 fewer calories a day to maintain her weight than she did in her 20s. Ouch. So how can you battle belly bulge (aka the menopot)? In a word: *Exercise.* Just 30 minutes a day can help to offset the metabolic decline.

In addition to physical changes, there are behavioral forces at play during this stage—from caring for elderly

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says Naheed Ali, M.D., a lecturer at the Pennsylvania Institute of Technology and author of *Are You Fit to Live?* (Sabella, 2009). College-age women should consider these ideas for becoming more aware of their behaviors and adopting a no-gain mind-set:

- **MAKE EXERCISE NONNEGOTIABLE** Incorporate fitness into your weekly course load in the form of a phys ed class.
- **PICK A PARTY NIGHT** Treat yourself to one weekend night out. Have a beer or a slice; just don't make it a nightly habit.
- **KEEP YOUR COOLER** Stock your dorm fridge with fruit, nonfat yogurt, and other healthy eats so that when the midnight munchies hit, you'll be less apt to dial for takeout.
- **TOUGHEN UP** Visualize an electric fence around areas of the caf you want to avoid. (Hint: Salad bar = good; sundae bar = bad.)

CASE STUDY

Social Eater

Julie Naturman, 22, Atlanta

"During freshman year my roommate and I were inseparable. We'd order pizza, drink a little, and hang out almost every night. I could tell I was gaining weight, but I didn't say anything for fear of losing my new friend. Over the summer I decided to change that dynamic: I began cooking for myself, and I slowly shed the excess pounds."

concluded that persistent sleep deprivation causes hormonal shifts that may stimulate appetite.

Another possible cause of weight gain? Postpartum depression, which an estimated 1 in 10 new moms experience. "When women are depressed, some tend to overeat and may not feel up to exercising," says Pamela Smith, M.D., director of the master's program in medical sciences at the University of South Florida School of Medicine. As Smith points out, exercise is key to weight loss. In one study of over 500 new moms, those who exercised regularly in their baby's first year had gained less weight 8 to 10 years later than those who did not exercise. A few more suggestions for getting on the right track after your baby is born:

- **CALL IN FAVORS** If anyone has ever said, "I owe you one," cash in now. Have your mom, cousin, or sister spend the night or sit while you hit the gym. Pump in advance (or leave bottles of formula in the fridge) so sitters can handle at least one feeding.
- **STROLL WITH IT** Try taking a Strollercize class (strollercize.com), which provides a great cardio workout while baby naps in the stroller.
- **GET CRAFTY** Knitting your newbie a sweater or some booties, or starting a knitting circle with other new moms, is a great way to keep your hands busy (and out of the fridge).

parents to becoming an empty nester. Fortunately, you can gain control of your behavior before you gain. Here, a few tips:

- **BE PROACTIVE** Don't wait until your mid-40s to cut back on portion size and incorporate more exercise into your routine; setting a specific goal in your late 30s (say, aiming to lose 10 percent of your body weight) may give you a cushion as you age.
- **WEIGHT IT OUT** Pick up a pair of inexpensive free weights (3- or 5-pound weights are great for beginners); numerous studies on middle-aged women indicate that resistance training alone can speed up your metabolism as it helps you maintain muscle mass.
- **PREP YOUR NEST** If your kids are college bound, prepare for your empty nest *before* they go: Spend more time alone with your mate, pursue new hobbies, and look into continuing-ed classes.

CASE STUDY

Gym Newbie

Shirley Priepke, 56, Albany, OR

"When I turned 49, the pounds started to creep on, especially around my midsection. Two friends suggested that I go to the gym at my office before work. I had never used exercise equipment, so they showed me how to work the elliptical machine, which I loved from the start. My energy skyrocketed, and the extra weight came off."

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Size Matters

When it comes to your breasts, **size is everything.**

BY SHELLEY LEVITT

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In the spirit of Breast Cancer Awareness Month, take stock of what you've got—and learn how to best protect your assets.



PHOTOGRAPHY: KAREN PEARSON (WOMAN); JUPITERIMAGES (MEASURING TAPE).

Too big, too small

Most women find fault with their breasts. "Almost no woman has ever said, 'My breasts were the right size at the right time,'" says Julia Ericksen, a sociologist and breast-cancer survivor who interviewed hundreds of women for *Taking Charge of Breast Cancer* (University of California Press, 2008). "It was either 'I was the first in my class to get breasts and boys tormented me,' or 'I was 14 and I was the only one who didn't have breasts.'" As women age, few escape these insecurities. A recent UCLA study found that 70 percent of women are dissatisfied with the size or shape of their breasts. The biggest complaint: "too droopy." But whatever the complaint, our collective dissatisfaction translates into big business: In 2009 alone, American women spent $1.3 billion on breast enhancements and reductions. Our take? That money might have been better spent on convincing women to embrace their breasts—whatever their size.

BRA-SIZE REVOLUTION

Do you know your number? Silly question, right?

Not really. Until recently, four out of five American women were wearing the wrong bra size—typically a too-small cup and a too-large band. Whatever your breast size, it's important to find a bra that fits well, since it can make you look instantly slimmer.

FITTING IN Where fit is concerned, things took a turn for the better in 2005, when a certain daytime talk show host devoted a now-notorious hour to a bra-fit intervention, recalls Dan Sackrowitz, vice president of marketing for Bare Necessities, an online lingerie retailer. "Suddenly women who thought they were a 36C were getting fitted and walking out knowing they were a 36DD." The industry responded, offering more options for "full-figured" women (including band sizes of 40 and higher and cup sizes of DD and larger).



A SALES BOOST While the average bra size in the United States remains a 36C, sales of full-figure bras have increased at three times the rate of bra sales overall, according to the research firm NPD Group, with nearly 159 million sold in 2008. Today, full-figure bras are sold in sizes DD through G. While these bras are engineered for maximum support (with wider straps and a higher percentage of Lycra), they're nothing like your grandma's bra. Full-figure bras now come in sexy styles and bold prints so you can feel gorgeous.

Because bra size fluctuates with age, pregnancy, and weight loss or gain, get a fitting about every 12 to 18 months.

BIGGER SIZE = GREATER CANCER RISK

Losing weight can greatly help to reduce your risk of breast cancer—and improve your odds of survival if you're diagnosed with the disease.

According to the latest research, you can take an active role in reducing your breast-cancer risk. **"If you're overweight or obese, reducing your weight is a risk factor you can do something about,"** says Otis Brawley, M.D., the chief medical officer of the American Cancer Society. "There are some women whose genes predispose them to breast cancer only when they're overweight. We have incredibly good evidence that maintaining a healthy weight, especially when you're postmenopausal, will reduce your risk of breast cancer."

If you gain more than 22 pounds after age 30, you're almost twice as likely to suffer from breast cancer than if you maintained your weight.

Research suggests that overweight or obese women produce an abundance of substances—including estrogen, cytokines, and insulin—that act as fuel for the development of breast-cancer cells. And the heavier you are, the greater your risk. The extra weight also makes it more difficult to diagnose breast cancer because mammography becomes less effective, says Dr. Brawley. In addition, there are treatment obstacles. For instance, **doctors find it difficult to select the proper dosage of chemotherapy for obese women,** since dosage guidelines are based on normal-weight women. Bottom line: Maintaining a healthy weight may just save your life.

One third of breast-cancer cases in Western countries could be avoided if women ate less and exercised more.

Women are likely to continue with routine mammograms in their 40s even if their docs don't recommend them, one survey found.

STAT SOURCES: *JOURNAL OF CANCER EPIDEMIOLOGY*; 2010 EUROPEAN BREAST CANCER CONFERENCE; *ANNALS OF INTERNAL MEDICINE* WEB SITE .

Size of the Times

How the ideal shape has changed over the years, and how our views have changed with it.



16TH AND 17TH CENTURIES
Upper-class Frenchwomen try to maintain small, firm breasts by massaging them with herbs and forgoing breast-feeding.

19TH CENTURY
From the early 1800s, Empire dresses change the desired bust shape to a single shelflike bolster.



1897 The Sears, Roebuck catalog offers "bust pads," or "falsies," for 25¢ a pair and the "Bust Developer," a bust-enhancing program (including a jar of cream, a bottle of lotion, and a plunger-like tool) for $1.50.



1920s
During the flapper era, women aspire to a planklike silhouette that suits the latest fashions: They trade in curve-enhancing bras for breast-flattening bandeaux.

1943 Howard Hughes designs a steel-underwire push-up bra for sweater girl Jane Russell to wear in *The Outlaw.*



1949 Maidenform introduces the pointy torpedo-shaped "bullet bra," 90 million of which are sold over the next 30 years.



1960 Two plastic surgeons from Texas, Frank Gerow and Thomas Cronin, begin to develop silicone breast implants.

PHOTOGRAPHY: CORBIS (16TH CENTURY–1943); MASTERFILE (1960).

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TO SCREEN OR NOT TO SCREEN?

Last November, women were both outraged and confused when the U.S. Preventive Services Task Force (USPSTF) opposed routine mammograms for women age 40 to 49 and recommended biennial (rather than annual) screenings after age 50. Because early detection is known to increase survival rates by 17 to 30 percent, many specialists still believe it's the best practice. "We *know* screenings save lives," says Carol H. Lee, M.D., chair of the Breast Imaging Commission of the American College of Radiology. However, fewer women, including those at risk, may be getting screened as a result of the USPSTF recommendations. "Women are so busy. They're looking for any reason to put off their mammograms," says Marissa Weiss, M.D., oncologist and founder of BreastCancer.org, which recommends annual screenings afer age 40. Since the public uproar, USPSTF has amended its recommendations, saying that the decision to have a mammogram between age 40 and 49 is "an individual one." Still confused? Discuss routine screenings with your physician.

–Heather Chin



change is good

IF YOU'VE TAKEN OFF a few pounds (or more), you may notice that your breast size has changed as well. But just how much depends on your genetic makeup and body composition–specifically, your ratio of glandular breast tissue to fatty tissue–which varies from woman to woman.

WHY DID I SHRINK? "It's the fatty tissue that increases or decreases with weight changes. Women with a large percentage of fatty tissue report that their breasts show shrinkage first when they lose weight," says Angelo Cuzalina, M.D., the president-elect of the American Board of Cosmetic Surgery. "But the glandular tissue remains the same no matter how much weight you gain or lose." In addition, women's breasts shrink as they approach menopause because they lose glandular tissue and have a larger percentage of fatty tissue.

WHY *DIDN'T* I SHRINK? Younger women are more likely to maintain a stable breast size after weight loss. "They have dense, firm breasts with very little fat," says Dr. Cuzalina.

For tips on preventing and treating breast cancer, go to **weightwatchers.com/breasts.**

1977 Victoria's Secret opens its first store, in Stanford, California.



1990 Madonna brings back the cone-shaped bra during her Blond Ambition tour. Her version of the bullet bra is designed by Jean Paul Gaultier.

2004 Janet Jackson's breast is exposed for nine sixteenths of a second during her duet with Justin Timberlake at the Super Bowl halftime show. The glimpse is attributed to a "wardrobe malfunction."





2010 ABC and Fox Broadcasting balk at running a prime-time ad for Cacique, Lane Bryant's new line of lingerie for full-figured women. "We were confused and incensed," says Lane Bryant president Brian Woolf, "because the networks were running sexy ads for Victoria's Secret during the very time slots we wanted."

PHOTOGRAPHY: MATTHEW MENDELSOHN (MADONNA); PIERRE DUCHARME/CORBIS (SUPER BOWL); MASTERFILE (WOMAN IN T-SHIRT).

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notebook



P. 84

A PINCH OF SALT

This kitchen staple has a variety of surprising uses—take a look:

Add salt to boiling water to increase the temperature. Veggies and other foods will take less time to cook.

Boil eggs in salted water so that, once hard cooked, they will peel more easily.

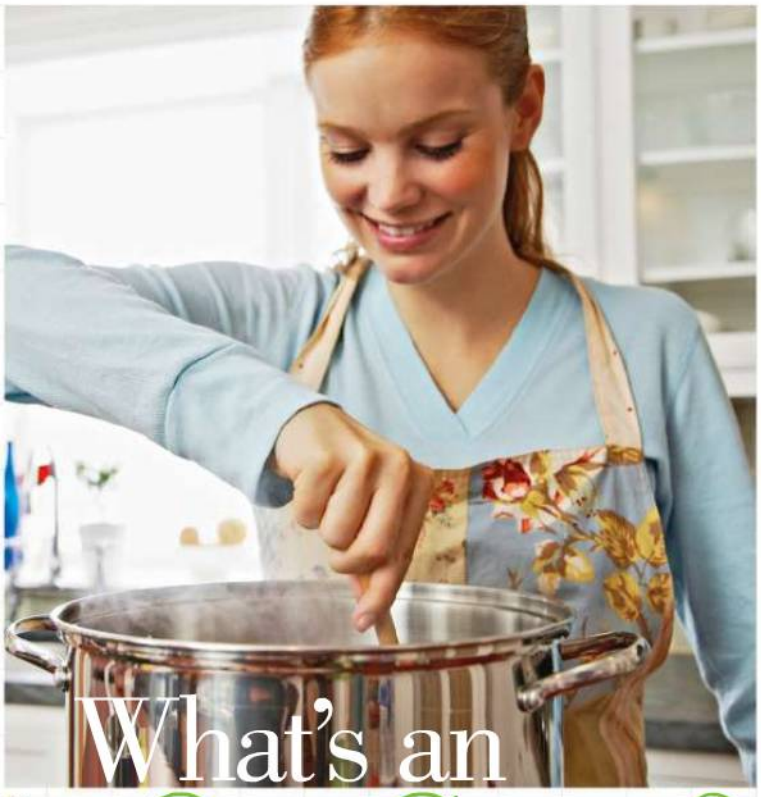
Beat a pinch of salt into egg whites you're beating for desserts—the whites will form higher peaks faster.

Stir a pinch of salt into a bowl of cold water containing peeled apples, pears, or potatoes, to prevent discoloration.



TIP Bitter coffee? Just add a pinch of salt.

For tips on cooking with salt, go to weightwatchers.com/salttalk.



What's an Oat Groat?



P. 78

The Old English word *groat* describes an oat kernel with the hull removed. Pleasantly chewy, nutty-flavored groats have been a hot breakfast cereal for centuries. It's also one of the healthy grains in our freezable Three-Grain Porridge. You can find oat groats in the health food section of the supermarket. Here's how to use them:

- **COOK** an extra batch of oat groats according to package directions at the same time you make our porridge. Let cool.
- **FREEZE** in zip-close plastic freezer bags up to 2 months.
- **STIR** frozen oat groats into soups and stews. Or let thaw and add to bread dough or muffin batter.



P. 76

Italian Classic

Our luscious slow-cooked beef stew is considered classic osso buco–style because it is served with gremolata, the Italian condiment made with parsley, lemon zest, and garlic. We chose fresh flat-leaf (rather than curly-leaf) parsley for our recipe. The reason? It has a more pronounced flavor: Flat-leaf parsley contains more essential oils than the curly-leaf variety (which is better used as a garnish).

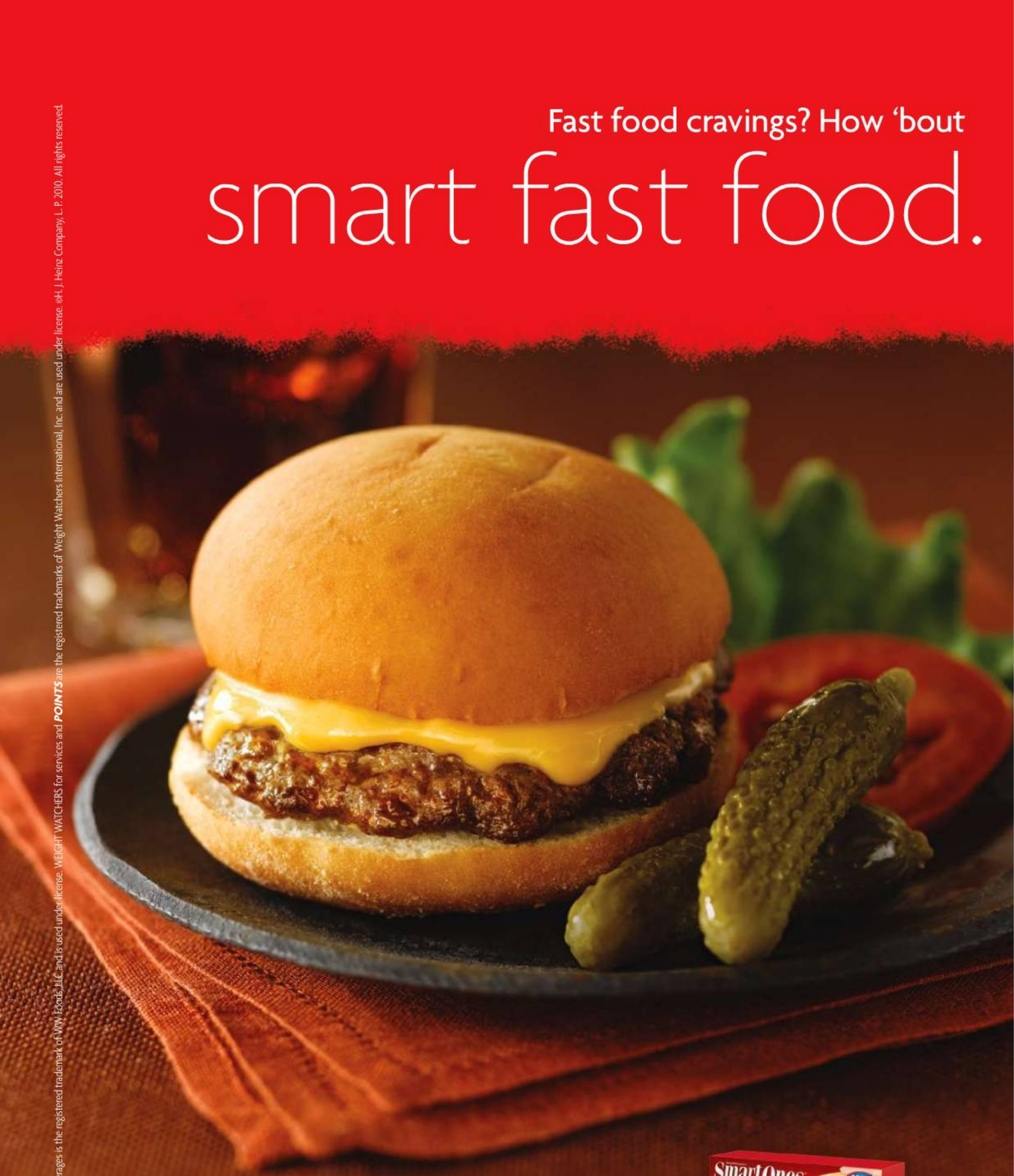


PHOTOGRAPHY: MIHA MATEI (COFFEE); JUPITERIMAGES (WOMAN); MASTERFILE (PARSLEY).

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Neat Coating


P. 88



Our delicious Microwave Deviled Chicken gets its crunch from this easy coating technique:

1. **Spread** the crumb mixture in an even layer on a large sheet of wax paper.
2. **Place** 1 piece of chicken in the center.
3. **Lift** the paper at two opposite corners. Tip until the crumbs evenly adhere to the chicken. Transfer the chicken to a baking dish and repeat with the remaining crumbs and chicken.

BONUS! Use this tasty bread-crumb mixture and simple technique to coat everything from thin-sliced steak to fish fillets.

Here's the scoop! What's the easiest way to make uniform-size meatballs for our tasty dishes (p. 68)? Use a mini–ice cream scoop! These scoops are available in three sizes: Choose the one that works best for your recipe.



KUHN RIKON BAKING SCOOPS IN SMALL, MEDIUM, AND LARGE, $20–$24, FACTORYDIRECT2YOU.COM


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BEYOND GREEN

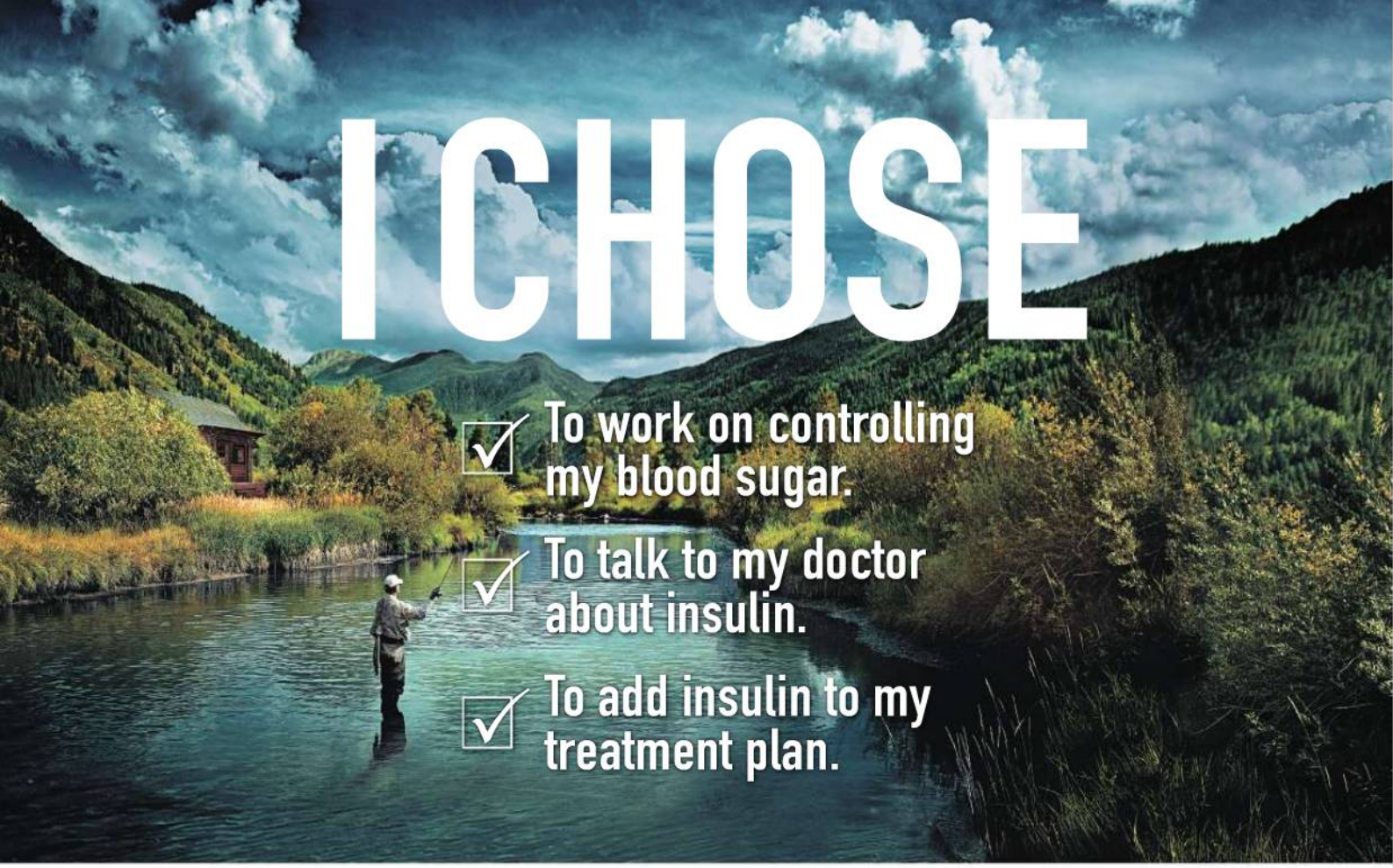
Tasty snap beans come in a variety of colors—not just green. Here's what you'll find at your farmers' market:

	Purple Snap Beans	Italian Flat Beans	Yellow Snap Beans
COLOR	Purple pods that turn dark matte green when cooked	Green, yellow, or purple pods	Bright yellow pods
FLAVOR	Robust	Meaty	Delicate
TEXTURE	Firm	Juicy and tender	Crisp and meaty
BEST USE	Thinly slice raw beans and sprinkle atop mixed greens, rice, or potato salad	Add to poultry dishes, meat stir-fries, or minestrone soup	Use in marinated salads: Their color, unlike that of green and purple beans, won't fade in vingear



PHOTOGRAPHY: HALLIE BURTON (CHICKEN); MIHA MATEI (BEANS).

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If you have type 2 diabetes, and pills alone aren't controlling your blood sugar anymore, this could be the right time to consider adding insulin. Insulin is an effective way to lower blood sugar. Controlling blood sugar is important because, over time, high blood sugar can lead to serious complications.

Today, insulin comes in an easy-to-use pen. Insulin should be used as part of an overall diabetes treatment plan, which includes diet, exercise, and other diabetes medications. Make the choice to talk to your doctor about whether insulin is right for you.



Important Safety Information for Lantus® (insulin glargine [rDNA origin] injection)

Do not take Lantus® if you are allergic to insulin or any of the inactive ingredients in Lantus.®

You must test your blood sugar levels while using insulin, such as Lantus.® Do not make any changes to your dose or type of insulin without talking to your healthcare provider. Any change of insulin should be made cautiously and only under medical supervision.

Do NOT dilute or mix Lantus® with any other insulin or solution. It will not work as intended and you may lose blood sugar control, which could be serious. Lantus® must only be used if the solution is clear and colorless with no particles visible. **Do not share needles, insulin pens or syringes with others.**

The most common side effect of insulin, including Lantus,® is low blood sugar (hypoglycemia), which may be serious. Other possible side effects may include injection site reactions, including changes in fat tissue at the injection site, and allergic reactions, including itching and rash. In rare cases, some allergic reactions may be life threatening.

Tell your doctor about other medicines and supplements you are taking because they can change the way insulin works. Before starting Lantus,® tell your doctor about all your medical conditions including if you have liver or kidney problems, are pregnant or planning to become pregnant, or are breast-feeding or planning to breast-feed.

Indications and Usage

Prescription Lantus® is a long-acting insulin used to treat adults with type 2 diabetes and adults and children (6 years and older) with type 1 diabetes for the control of high blood sugar. It should be taken once a day at the same time each day to lower blood glucose.

Do not use Lantus® to treat diabetic ketoacidosis.

Lantus® SoloSTAR® is a disposable prefilled insulin pen.

Please see additional important information on the next page.

WhyInsulin.com
1-877-665-9334

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

From the maker of Lantus® SoloSTAR.®

sanofi aventis

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BRIEF SUMMARY OF PRESCRIBING INFORMATION

HIGHLIGHTS OF PRESCRIBING INFORMATION

These highlights do not include all the information needed to use LANTUS safely and effectively. See full prescribing information for LANTUS.

LANTUS® (insulin glargine [rDNA origin] injection) solution for subcutaneous injection

Initial U.S. Approval: 2000

INDICATIONS AND USAGE

LANTUS is a long- acting human insulin analog indicated to improve glycemic control in adults and children with type 1 diabetes mellitus and in adults with type 2 diabetes mellitus. (1)

Important Limitations of Use:

- Not recommended for treating diabetic ketoacidosis. Use intravenous, short-acting insulin instead.

DOSAGE AND ADMINISTRATION

- The starting dose should be individualized based on the type of diabetes and whether the patient is insulin-naïve (2.1, 2.2, 2.3)
- Administer subcutaneously once daily at any time of day, but at the same time every day. (2.1)
- Rotate injection sites within an injection area (abdomen, thigh, or deltoid) to reduce the risk of lipodystrophy. (2.1)
- Converting from other insulin therapies may require adjustment of timing and dose of LANTUS. Closely monitor glucoses especially upon converting to LANTUS and during the initial weeks thereafter. (2.3)

DOSAGE FORMS AND STRENGTHS

Solution for injection 100 units/mL (U-100) in

- 10 mL vials
- 3 mL cartridge system for use in OptiClik (Insulin Delivery Device)
- 3 mL SoloStar disposable insulin device (3)

CONTRAINDICATIONS

Do not use in patients with hypersensitivity to LANTUS or one of its excipients (4)

WARNINGS AND PRECAUTIONS

- Dose adjustment and monitoring: Monitor blood glucose in all patients treated with insulin. Insulin regimens should be modified cautiously and only under medical supervision (5.1)
- Administration: Do not dilute or mix with any other insulin or solution. Do not administer subcutaneously via an insulin pump or intravenously because severe hypoglycemia can occur (5.2)
- Do not share reusable or disposable insulin devices or needles between patients (5.2)
- Hypoglycemia: Most common adverse reaction of insulin therapy and may be life-threatening (5.3, 6.1)
- Allergic reactions: Severe, life-threatening, generalized allergy, including anaphylaxis, can occur (5.4, 6.1)
- Renal or hepatic impairment: May require a reduction in the LANTUS dose (5.5, 5.6)

ADVERSE REACTIONS

Adverse reactions commonly associated with Lantus are:

- Hypoglycemia, allergic reactions, injection site reaction, lipodystrophy, pruritus, and rash. (6.1)

To report SUSPECTED ADVERSE REACTIONS, contact sanofi-aventis at 1-800-633-1610 or FDA at 1-800-FDA-1088 or *www.fda.gov/medwatch.*

DRUG INTERACTIONS

- Certain drugs may affect glucose metabolism, requiring insulin dose adjustment and close monitoring of blood glucose. (7)
- The signs of hypoglycemia may be reduced or absent in patients taking anti-adrenergic drugs (e.g., beta-blockers, clonidine, guanethidine, and reserpine). (7)

USE IN SPECIFIC POPULATIONS

- Pregnancy category C: Use during pregnancy only if the potential benefit justifies the potential risk to the fetus (8.1)
- Pediatric: Has not been studied in children with type 2 diabetes. Has not been studied in children with type 1 diabetes <6 years of age (8.4)

See Prescribing Information for PATIENT COUNSELING INFORMATION and FDA-approved patient labeling

Revised: 09/2009

GLA-BCPH-AS-SEP09 Rx Only

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recipes

THE NEW FAMILY DINNER

Microwave Deviled Chicken B

PREP 10 MIN **MICROWAVE** 10 MIN **SERVES** 4

½ c whole wheat dried bread crumbs
1 tsp chopped fresh thyme or ¼ tsp dried
¼ tsp salt
¼ tsp black pepper
3 Tbsp honey mustard
1 tsp Worcestershire sauce
½ tsp hot pepper sauce
4 (6-oz) skinless chicken drumsticks

1 Spray microwavable 1-quart shallow baking dish with nonstick spray.
2 Combine bread crumbs, thyme, salt, and pepper on sheet of wax paper. Mix mustard, Worcestershire sauce, and pepper sauce in medium bowl; add chicken and toss to coat. Add 1 drumstick to bread crumb mixture; toss to coat, pressing lightly so crumbs adhere. Transfer drumstick to baking dish. Repeat with remaining chicken and bread crumb mixture, placing chicken in single layer in baking dish.
3 Lightly spray chicken with nonstick spray. Cover with wax paper and microwave on High 8 minutes. Uncover and microwave on High until chicken is cooked through, about 2 minutes. Let stand about 3 minutes before serving.

PER SERVING (1 CHICKEN DRUMSTICK): 170 CAL, 4 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 73 MG CHOL, 336 MG SOD, 11 G CARB, 1 G FIB, 21 G PROT, 41 MG CALC. ***POINTS* VALUE: 4.**

ZAP IT! Enjoy fresh veggies in a hurry: Combine uniform-size pieces of your family's favorite vegetable and 2–3 Tbsp water in a microwavable bowl. Cover with plastic wrap vented at one corner. Microwave on High until the vegetables are crisp-tender, 2–3 minutes, stirring once halfway through microwaving time.



Microwave Deviled Chicken

Cincinnati Turkey Chili B

PREP 20 MIN **COOK** 45 MIN **SERVES** 6

2 tsp canola oil
1 onion, chopped
1 lb turkey cutlets, cut into ½-inch pieces
1 Tbsp chili powder
¾ tsp cinnamon
½ tsp ground cumin
½ tsp salt
1 (1¼-lb) acorn squash, peeled and cut into 1-inch cubes
1 (15-oz) can no-salt-added chili beans in chili sauce
1 (14½-oz) can no-salt-added diced tomatoes
½ c barbecue sauce
¼ c water
½ oz semisweet chocolate, chopped
½ c shredded low-fat Cheddar cheese
Sliced scallion (optional)

1 Heat oil in nonstick Dutch oven over medium-high heat. Add onion

PHOTOGRAPHY: HALLIE BURTON.

Did you cook any of the recipes in this issue? Share your results at wwmfoodeditor@weightwatchers.com.

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Cincinnati Turkey Chili


Skillet Tempeh Lasagna

and cook, stirring occasionally, until softened, about 5 minutes. Add turkey and cook, stirring occasionally, until browned, 6–8 minutes. Add chili powder, cinnamon, cumin, and salt; cook, stirring frequently, just until fragrant, about 1 minute.

2 Stir in squash, beans, tomatoes, barbecue sauce, water, and chocolate; bring to boil. Reduce heat, partially cover, and simmer until squash is fork-tender and chili thickens slightly, about 30 minutes. To reheat, transfer each serving to small microwavable container. Cover with wax paper and microwave on High 1½–2 minutes, stirring once halfway through microwaving time. Serve sprinkled with Cheddar and scallion (if using).

PER SERVING (ABOUT 1 CUP CHILI AND 4 TSP CHEESE WITHOUT GARNISH): 287 CAL, 5 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 53 MG CHOL, 677 MG SOD, 37 G CARB, 8 G FIB, 26 G PROT, 173 MG CALC. ***POINTS* VALUE: 5.**

IN THE KITCHEN For an additional ***1 POINTS*** value, top each serving of chili with ¼ c oyster crackers.

REHEAT Freeze this chili (or your family's favorite soup or stew) in airtight microwavable containers. To reheat, cover a container with wax paper and microwave on Low until the ice crystals have disappeared and the chili can easily be stirred. Cover and microwave on High until hot.

BONUS RECIPE! **TOSSED SALAD Whisk 1 Tbsp extra-virgin olive oil, juice of ½ small lemon, ¼ tsp salt, and ¼ tsp pepper in large bowl. Add 1 (5-oz) container baby arugula blend and ½ fennel bulb, trimmed and thinly sliced. Serves 4.**
PER SERVING (1½ CUPS) ***POINTS* VALUE: 1.**

Skillet Tempeh Lasagna 1

PREP 20 MIN **COOK** 45 MIN **SERVES** 4

2 tsp olive oil
2 portobello mushroom caps, chopped
1 onion, chopped
1 small eggplant, cut into 1-inch chunks
4 oz tempeh, crumbled
1 (28-oz) can crushed tomatoes
2 c water
½ tsp salt
4 (2¼ x 10-inch) whole wheat lasagna noodles, each broken into 4 pieces
½ c fat-free ricotta or cottage cheese
½ c part-skim shredded mozzarella cheese
2 Tbsp fresh flat-leaf parsley or small basil leaves

1 Heat oil in large nonstick skillet over medium-high heat. Add mushroom caps and onion; cook, stirring

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occasionally, until onion is crisp-tender, about 5 minutes. Add eggplant and cook, stirring occasionally, until eggplant is very tender, about 8 minutes. Add tempeh and cook, stirring occasionally, until flavors are blended, about 5 minutes.

2 Meanwhile, combine tomatoes, water, and salt in large bowl.

3 Place noodles in one layer over vegetable mixture in skillet. Pour tomato mixture over noodles to cover; bring to boil. Reduce heat, cover, and simmer, stirring occasionally, until noodles are tender, 20–25 minutes.

4 Remove skillet from heat and uncover lasagna. Spoon ricotta evenly over top by tablespoonfuls; sprinkle evenly with mozzarella. Cover and simmer until cheeses slightly melt, 2–3 minutes. Sprinkle with parsley before serving.

PER SERVING (1½ CUPS): 305 CAL, 9 G FAT, 3 G SAT FAT, 0 G TRANS FAT, 10 MG CHOL, 977 MG SOD, 41 G CARB, 10 G FIB, 20 G PROT, 266 MG CALC. ***POINTS* VALUE: 6.**

GO VEGGIE Swap this mushroom, onion, eggplant, and tempeh combo for ground meat or poultry in other recipes like sloppy Joes, stuffed bell peppers, enchiladas, burritos, or chili con carne.

BONUS RECIPE!

ROAST-POTATO SALAD

Preheat oven to 425°F. Combine 1 lb diced red potatoes, 2 Bosc pears cut into 1-inch pieces, ½ sliced red onion, 2 Tbsp coarsely chopped almonds, 1 Tbsp oil, and 1 tsp curry powder; toss to coat. Spread on large rimmed baking sheet. Roast until potatoes are tender, 20–25 minutes, stirring once halfway through roasting time. Add 1 c baby arugula and juice of ½ lemon; stir to mix. Serves 6. PER SERVING (¾ CUP) ***POINTS* VALUE: 2.**

Loaded French Bread Pizzas B

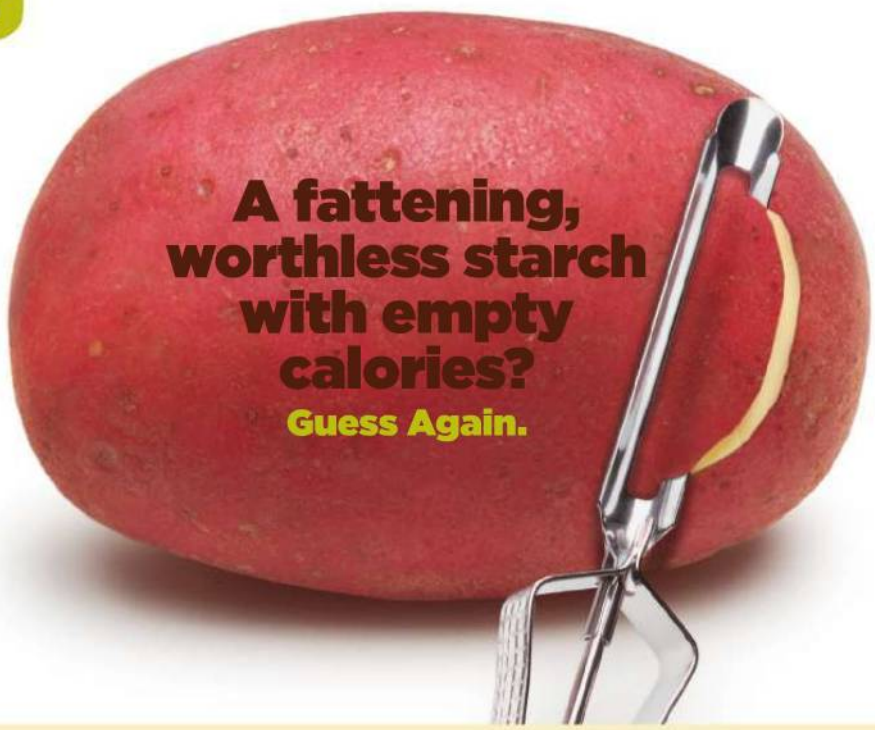
PREP 15 MIN **COOK/BAKE** 35 MIN **SERVES** 4

2 tsp olive oil
1 small onion, chopped
1 small yellow bell pepper, chopped
1 (8-oz) package sliced mushrooms
1 (4-oz) link sweet or hot Italian turkey sausage, casing removed
1 c baby spinach
1 c fat-free marinara sauce
1 (8-oz) whole wheat baguette or Italian bread, split
½ c shredded part-skim mozzarella cheese

1 Preheat oven to 425°F. Spray large baking sheet with nonstick spray.

2 Heat oil in large nonstick skillet over medium-high heat. Add onion, bell pepper, and mushrooms; cook, stirring occasionally, until vegetables are tender, about 8 minutes. Add sausage and cook, breaking it apart

Visit the all-new
potatogoodness.com



It's time to peel back the truth.

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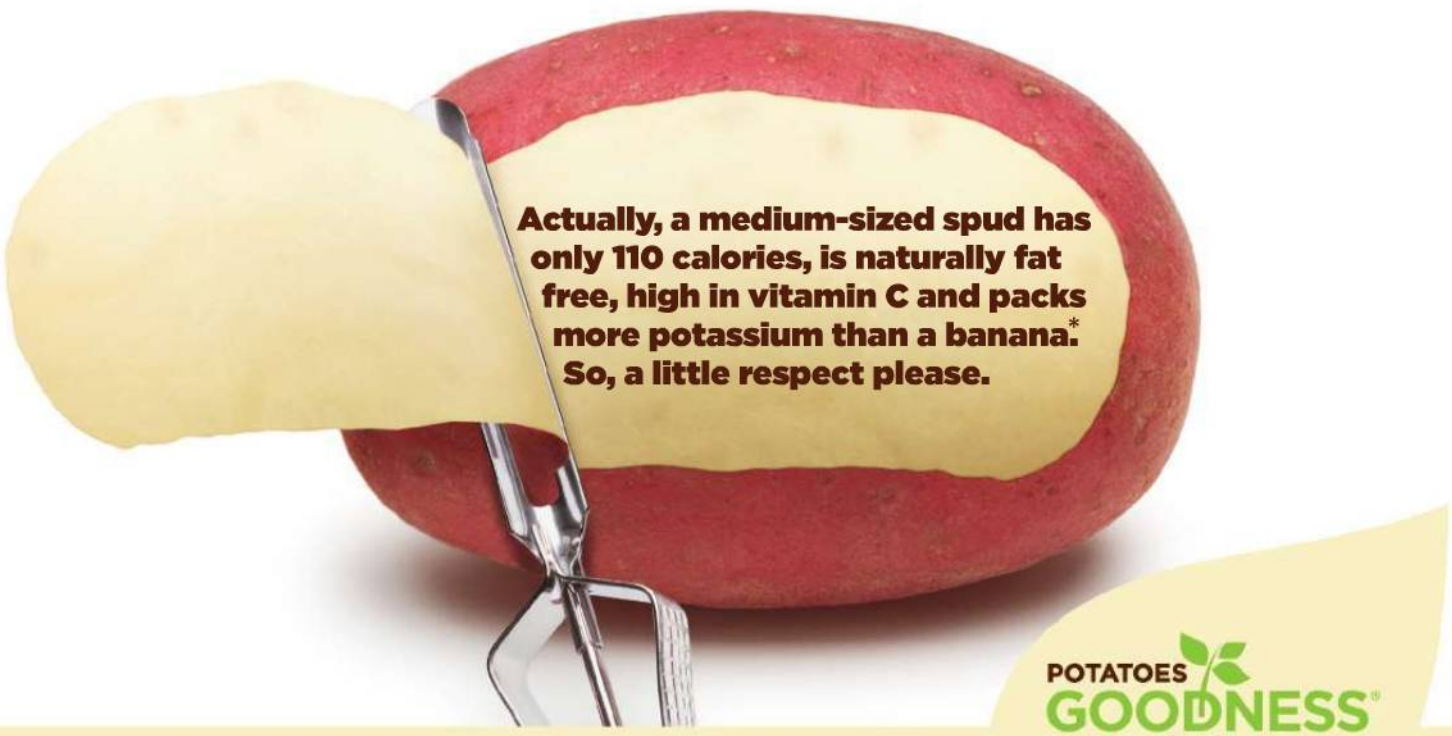


PHOTOGRAPHY: HALLIE BURTON.

with wooden spoon, until lightly browned, about 5 minutes. Add spinach and cook, stirring frequently, until wilted, 1–2 minutes. Stir in marinara sauce and bring just to boil. Reduce heat and simmer until mixture thickens slightly, about 5 minutes.
3 Place baguette halves, cut side up, on baking sheet. Top each half evenly with half of vegetable mixture and ¼ c mozzarella. Bake until baguette is browned at edges and cheese melts, about 12 minutes. Cut each pizza in half crosswise.

PER SERVING (½ PIZZA): 301 CAL, 10 G FAT, 3 G SAT FAT, 1 G TRANS FAT, 34 MG CHOL, 792 MG SOD, 33 G CARB, 6 G FIB, 21 G PROT, 204 MG CALC.
***POINTS* VALUE: *6*.**

IN THE KITCHEN Want to enjoy a whole loaded pizza pie? Simply swap the baguette halves for 4 large whole wheat pitas in step 3. (Bonus: You'll also cut the per-serving ***POINTS*** value by ***1***.)



POTATOES GOODNESS® UNEARTHED

Need more reasons to love potatoes?
Peel back the truth about this budget-friendly, naturally fat-free food and dig up simple 10-minute microwave recipes at **potatogoodness.com**

*Potato with skin.

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Sneaky Meat Loaf Sandwiches B

PREP 25 MIN **COOK/BAKE** 1 HR 15 MIN
SERVES 6

2 tsp olive oil
1 red onion, chopped
3 carrots, shredded
1 zucchini, shredded
1 yellow bell pepper, finely chopped
1 celery stalk, finely chopped
8 mushrooms, chopped
3 garlic cloves, finely chopped
1¼ lbs ground skinless chicken breast
¾ c old-fashioned rolled oats
½ c unsweetened applesauce
¼ c chopped fresh flat-leaf parsley
¼ c fat-free egg substitute
1 tsp salt
1 tsp dried Italian seasoning
6 Tbsp low-sugar ketchup
12 thin slices multigrain bread
12 lettuce leaves
6 red and/or yellow cherry tomatoes, halved, for garnish (optional)

1 Preheat oven to 350°F. Line 9 x 13-inch baking pan with foil.
2 Heat oil in large nonstick skillet over medium heat. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add carrots, zucchini, bell pepper, and celery; cook, stirring occasionally, until softened, about 5 minutes. Add mushrooms and garlic; cook, stirring occasionally, until mushrooms are softened, about 3 minutes. Remove skillet from heat and let vegetables cool slightly, about 15 minutes.
3 Meanwhile, combine chicken, oats, applesauce, parsley, egg substitute, salt, and Italian seasoning in large bowl; mix just until blended.
4 Gently fold cooled vegetables into chicken mixture; scrape into pan. Bake until browned and instant-read thermometer inserted into center of loaf registers 165°F, about 1 hour. Let stand in pan 10 minutes. Unmold and let cool slightly.
5 Cut meat loaf into 6 slices. Spread ½ Tbsp ketchup on each slice of bread. Layer 6 slices of bread with 1 lettuce leaf and 1 slice of meat loaf. Top with remaining lettuce and bread. Cut each sandwich in half. Garnish with cherry tomatoes (if using).

PER SERVING (1 SANDWICH WITHOUT GARNISH): 344 CAL, 7 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 59 MG CHOL, 910 MG SOD, 38 G CARB, 7 G FIB, 32 G PROT, 120 MG CALC. ***POINTS* VALUE: 7.**

BE SMART Using chopped or shredded vegetables "sneaks" healthy goodness into this tasty meat loaf. Try this trick with other dinner favorites as well, like macaroni and cheese, chicken pot pie, and tacos.



Sneaky Meat Loaf Sandwiches

Kitchen Coach

GRATE IDEA! Before you shred cheese or veggies, place a sheet of wax paper or plastic wrap beneath the grater. That way you can easily transfer the shredded food to a bowl.

Shrimp Maki Rolls I

PREP 25 MIN **COOK** 20 MIN **SERVES** 4

1½ c short-grain white rice or sushi rice
1½ c water
1½ Tbsp white-wine or seasoned rice vinegar
1 avocado, peeled and thinly sliced
Juice of ½ lemon
4 sheets nori
½ English cucumber, seeded and cut into matchstick strips
12 cooked peeled and deveined medium shrimp, chopped
Low-sodium soy sauce, wasabi, and pickled ginger, for garnish (optional)

1 Combine rice and water in medium saucepan and bring to boil. Reduce heat, cover, and cook until water is absorbed, about 20 minutes. Remove pan from

PHOTOGRAPHY: HALLIE BURTON.

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1 POINTS VALUE
Per Serving

Chocolate
Crème Cake

CLEVER

yumminess.





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heat; let stand, covered, 10 minutes. Transfer rice to large glass bowl; sprinkle with vinegar and toss to combine. Let cool to room temperature.

2 Place avocado on small plate and sprinkle with lemon juice.

3 Lay 1 nori sheet on sushi rolling mat or nonstick baking mat. With wet fingers, spread ¾ c cooled rice evenly on nori. Place one fourth of avocado, cucumber, and shrimp in center. Holding filling in place with your fingers, starting from a long side, and using rolling mat as a guide, roll nori into tight cylinder. Repeat with remaining ingredients to make total of 4 rolls.

4 With serrated knife, cut each roll crosswise into 8 pieces. Serve with soy sauce, wasabi, and pickled ginger, if using.

PER SERVING (1 ROLL WITHOUT GARNISH): 339 CAL, 6 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 29 MG CHOL, 59 MG SOD, 61 G CARB, 4 G FIB, 10 G PROT, 49 MG CALC. ***POINTS* VALUE: 6.**

FROM THE FOOD EDITOR

Feel-Good Fave



We love comfort food, so we were pleased when Kristina R. of Michigan asked *WWM* to lighten up her favorite childhood casserole. By switching to whole wheat pasta and using just a fraction of the cheese, we slashed the per-serving ***POINTS*** value from a whopping ***12*** to a modest ***4.***

MOM'S TUNA CASSEROLE B

PREP 15 MIN **COOK/BAKE** 50 MIN **SERVES** 8

1 Preheat oven to 350°F. Spray 1½-quart baking dish with nonstick spray. Cook 2½ c whole wheat elbow macaroni according to package directions.

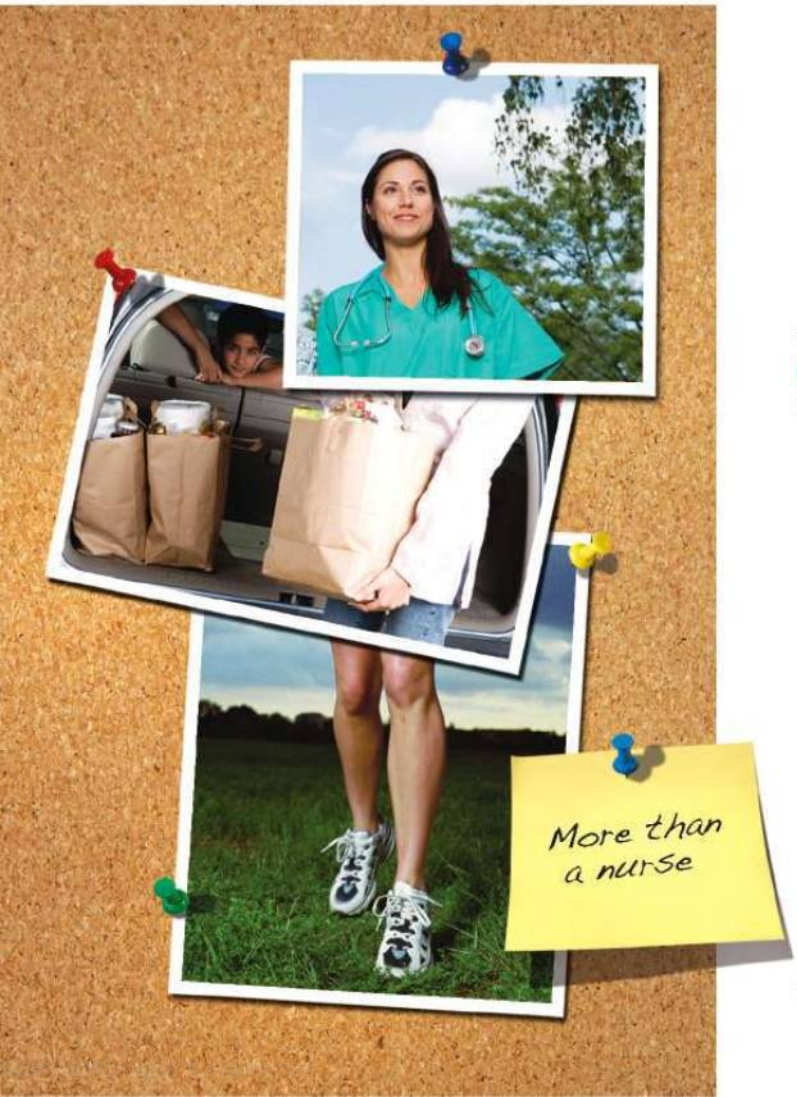
2 Whisk 1 (10½-oz) can fat-free condensed cream of mushroom soup and 1 c fat-free milk in bowl. Stir in cooked pasta, 2 (5-oz) cans drained and flaked solid white tuna in water, ½ (10-oz) package frozen mixed vegetables, ½ (10-oz) package frozen pearl onions, ½ c low-fat shredded Cheddar cheese, and 3 Tbsp grated Parmesan cheese.

3 Transfer mixture to baking dish. Top evenly with ¼ c coarsely crushed whole wheat croutons; spray croutons with nonstick spray. Bake until casserole is bubbling and top is golden, 30–35 minutes.

PER SERVING (SCANT 1 CUP): 242 CAL, 3 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 15 MG CHOL, 682 MG SOD, 35 G CARB, 3 G FIB, 18 G PROT, 151 MG CALC. ***POINTS* VALUE: 4.**

Do you have a recipe you'd like lightened up? Send your request to wwmfoodeditor@weightwatchers.com.

PHOTOGRAPHY: MIHA MATEI.



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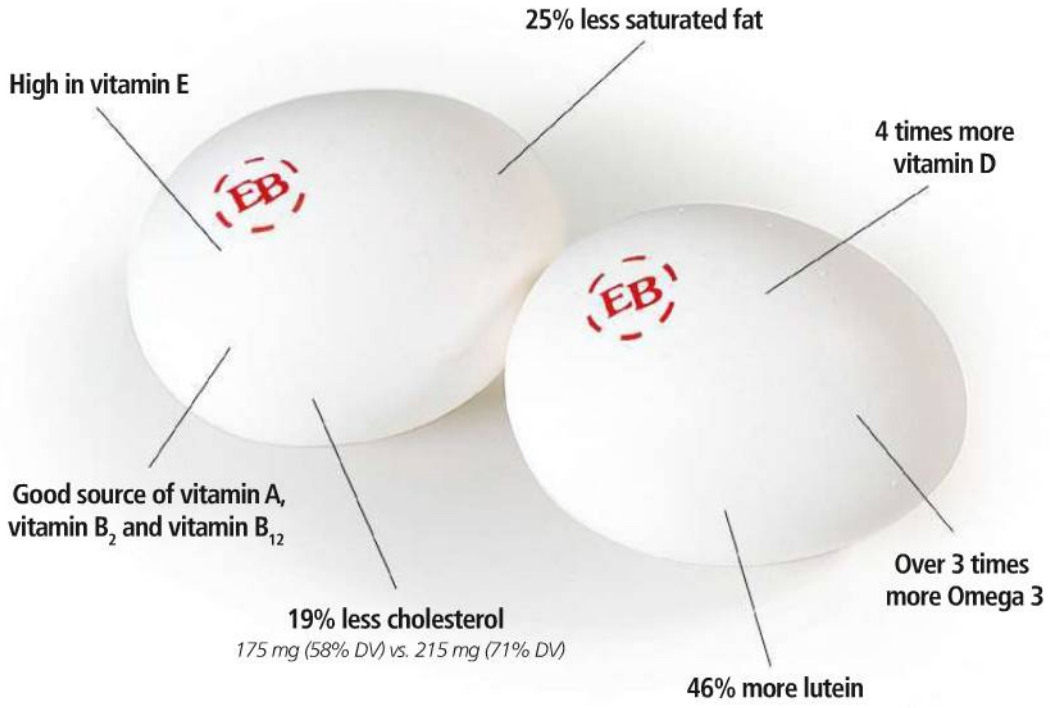


FOR COMPLETE NUTRITIONAL DATA REFER TO: USDA NATIONAL NUTRIENT DATABASE FOR STANDARD REFERENCE, RELEASE 19, 2006

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Peanut Noodles B

PREP 20 MIN **COOK** 4 MIN **SERVES** 4

⅓ c low-fat peanut butter
¼ c warm water
¼ c chopped fresh cilantro
1 Tbsp minced peeled fresh ginger
1 Tbsp rice vinegar
1 Tbsp reduced-sodium soy sauce
1 Tbsp packed brown sugar
1 garlic clove, chopped
6 oz soba noodles or whole wheat spaghetti
1 red, yellow, or orange bell pepper, thinly sliced
1 small cucumber, peeled, halved lengthwise, seeded, and sliced
1 carrot, shredded

1 To make peanut sauce, puree peanut butter, water, cilantro, ginger, vinegar, soy sauce, brown sugar, and garlic in food processor or blender.

2 Cook noodles according to package directions; drain in colander. Rinse under cold running water; drain again.

3 Transfer noodles to large bowl. Add peanut sauce, bell pepper, cucumber, and carrot; toss to coat.

PER SERVING (1¼ CUPS): 279 CAL, 8 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 446 MG SOD, 43 G CARB, 7 G FIB, 13 G PROT, 34 MG CALC.
***POINTS* VALUE: 5.**

DOUBLE BOIL Next time you make noodles (or pasta) for dinner, make a double batch and chill the extra. Here's how: Rinse the extra noodles in a colander under cold running water until cool. Drain well. To help prevent sticking, spray with nonstick spray and toss to coat. Transfer the noodles to a large zip-close plastic bag, squeeze out the air and seal the bag. Refrigerate up to 5 days. To serve, mix with your favorite sauce in a skillet and reheat.

IN A SNAP!

Filets Mignons with Saucy Flat Beans B

PREP 20 MIN **COOK** 15 MIN **SERVES** 4

1 lb fresh green, purple, or yellow Italian flat beans, trimmed
2 tsp olive oil
2 large shallots, thinly sliced
4 plum tomatoes, diced
1 Tbsp chopped fresh oregano or 1 tsp dried
¾ tsp kosher salt

KITCHEN AIDS

When it comes to getting your family's dinner on the table fast, the latest breed of kitchen appliances is loaded with multiple functions that make prepping and cooking easier than ever. Here are our favorites:

COOK 3 WAYS

This mighty multitasker is a pressure cooker, slow cooker, and rice cooker—all in one compact unit. It features a timer, a self-locking lid, and an automatic setting to release the pressure. There's even a browning function, so it's easy to maximize the flavor of your favorite recipes.

FAGOR 3-IN-1 ELECTRIC MULTICOOKER, $119.95, SURLATABLE.COM





TOAST MORE

This toaster oven not only holds as many as 6 slices of bread at once, but it can also bake cakes and broil fish. There's also a separate warming compartment for breakfasts on the go.

T-FAL AVANTÉ ELITE TOASTER OVEN WITH GLASS TOP, $129.95, COOKING.COM

ZAP THAT

This "microwave" includes bonus features that are definitely worth bragging about: It doubles as a convection oven that browns meats and poultry to succulent juiciness, offers a full-width rack to allow multiple dishes to cook at the same time, and includes a special grilling mode—all without a hefty price tag.

GE 1.2 CUBIC FOOT COUNTERTOP CONVECTION MICROWAVE OVEN, $169.97, WALMART.COM





CHOP, CHOP!

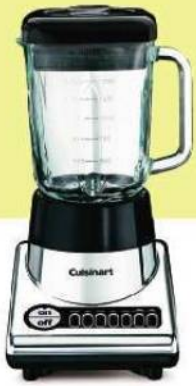
This dishwasher-safe gadget lets you slice, dice, or chop everything from fruits and veggies to chocolate and nuts—minus the mess of a cutting board. Just insert one of the three blades and press down on the lid. The food is cut directly into a container that doubles as a measuring device.

PROGRESSIVE INTERNATIONAL FRUIT AND VEGETABLE CHOPPER, $23.95, AMAZON.

BLEND & SHAKE

Enjoy a powerful blender and high-quality food processor all in one neat unit. In the blender mode you can puree soups and smoothies—and even crush ice. Attach the food processor to slice, shred, or chop your favorite veggies.

CUISINART POWERBLEND DUET BLENDER AND FOOD PROCESSOR, $99.95, CHEFSCATALOG.COM



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¼ tsp black pepper
¼ tsp ground cumin
4 (¼-lb) filets mignons, about ½-inch thick, trimmed

1 Put beans in steamer basket; set in saucepan over 1 inch of boiling water. Cover tightly and steam until beans are tender, 7–8 minutes. Drain in colander. Rinse under cold running water until cool; drain again.
2 Heat oil in large nonstick skillet over medium heat. Add shallots and cook, stirring occasionally, until golden brown, about 5 minutes. Add tomatoes and cook, stirring occasionally, until they release some of their moisture, about 2 minutes. Stir in beans, oregano, ½ tsp salt, and ⅛ tsp pepper. Reduce heat and cook, stirring occasionally, until heated through, about 2 minutes.
3 Meanwhile, combine cumin and remaining ¼ tsp salt, and ⅛ tsp pepper in small bowl; sprinkle over steaks.
4 Spray large cast-iron skillet or ridged grill pan with nonstick spray and set over medium-high heat. Add steaks and cook 2–2½ minutes per side for medium rare. Serve with beans. This recipe works with the Simply Filling technique.

PER SERVING (1 STEAK WITH 1½ CUPS BEANS): 235 CAL, 10 G FAT, 3 G SAT FAT, 0 G TRANS FAT, 46 MG CHOL, 338 MG SOD, 12 G CARB, 4 G FIB, 27 G PROT, 59 MG CALC. ***POINTS* VALUE: 5.**

Snap Bean Casserole B

PREP 15 MIN **COOK/BAKE** 45 MIN **SERVES** 4

1¼ lbs fresh green or purple snap beans, trimmed
¼ lb shallots, chopped
1 tsp sugar
1 (10 ¾-oz) can condensed low-fat cream-of-mushroom soup
¾ c shredded low-fat sharp Cheddar cheese
1 tsp Worcestershire sauce
¼ c packaged French-fried onions

1 Heat oven to 350°F. Spray 8-inch-square baking dish with nonstick spray.
2 Bring large pot of water to boil. Add beans and boil until crisp-tender, 4–5 minutes. Drain in colander. Rinse under cold running water; drain again. Cut beans into 1½-inch pieces and transfer to large bowl.
3 While beans are cooking, spray small nonstick skillet with nonstick spray and set over medium-high heat. Add shallots and sugar; cook, stirring frequently, until shallots begin to brown, 3–4 minutes.
4 Transfer shallot mixture to bowl with beans. Add soup, Cheddar, and Worcestershire sauce; stir until blended. Pour mixture into baking dish and bake 25 minutes. Sprinkle top with onions and bake until bubbling, about 5 minutes.

PER SERVING (1 CUP): 171 CAL, 6 G FAT, 2 G SAT FAT, 1 G TRANS FAT, 7 MG CHOL, 843 MG SOD, 23 G CARB, 5 G FIB, 9 G PROT, 230 MG CALC. ***POINTS* VALUE: 3.**

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SERVES: 5
Prep time: 15 minutes
Cook time: 17 minutes
Serving size: 1½ cups

INGREDIENTS

2 bags (uncooked) UNCLE BEN'S® Boil-in-Bag Whole Grain Brown Rice
Corn kernels from 2 medium ears of fresh corn (about 1½ cups)
10 ounces shrimp, peeled and deveined
1½ cups chopped fresh plum tomatoes
¼ cup fresh lime juice
¾ to 1 teaspoon chili powder, to taste
1 teaspoon ground cumin
¾ teaspoon salt
½ teaspoon garlic powder
¼ teaspoon black pepper
2 tablespoons fresh cilantro, finely chopped
1 ripe avocado, peeled and cut into half-inch cubes

INSTRUCTIONS

Prepare rice according to cooking directions.

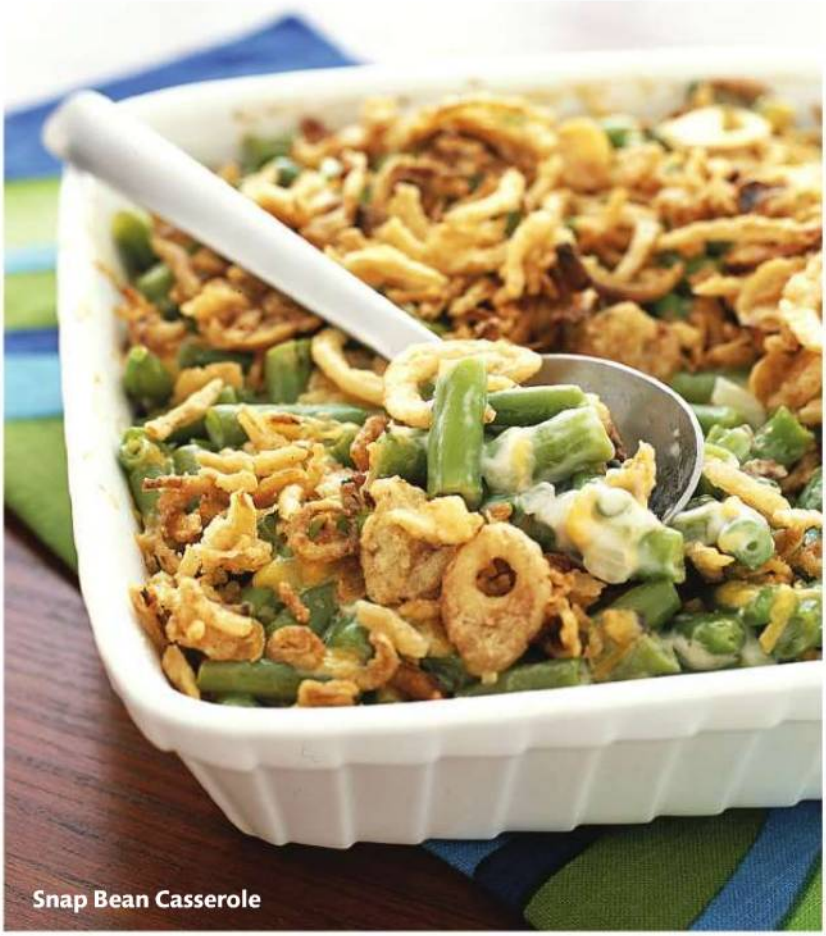
When done, place rice in a large serving bowl and cool slightly.

While the rice is cooking, heat a medium skillet coated with cooking spray over medium-high heat. Add the corn kernels and sauté for 2 minutes. Add the shrimp to the pan and sauté for 3 minutes or until shrimp are cooked through.

Add the sautéed corn and shrimp to the rice and then toss in the tomatoes.

In a small bowl, combine the lime juice with the seasonings (chili powder through black pepper). Drizzle the seasoned lime juice over the rice mixture and stir well to combine. Add the cilantro and avocado and toss very gently. Serve at room temperature.

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Snap Bean Casserole

PHOTOGRAPHY: ANN STRATTON.

Snap Bean Vinaigrette B

PREP 20 MIN **COOK** 25 MIN **SERVES** 4

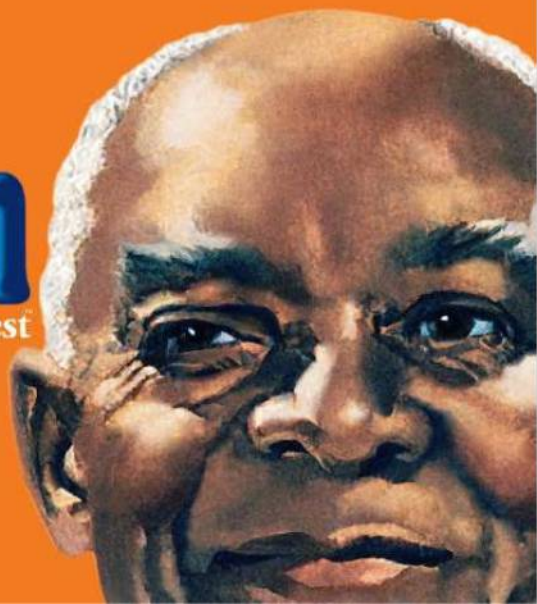
¾ lb fresh green, purple, or yellow snap beans, trimmed
1 small yellow or red bell pepper, diced
1 shallot, finely chopped
2 Tbsp seasoned rice vinegar
1 Tbsp olive oil
1 tsp finely chopped fresh tarragon
1 tsp coarse-grained mustard
¼ tsp kosher salt
⅛ tsp black pepper

1 Bring large pot of water to boil. Add beans and boil until crisp-tender, 4–5 minutes. Drain in colander. Rinse under cold running water; drain again. Pat dry on kitchen towels.
2 Meanwhile, to make vinaigrette, whisk bell pepper, shallot, vinegar, oil, tarragon, mustard, salt, and black pepper in large bowl until blended.
3 Add beans to vinaigrette; toss well to combine.

"Enjoy this recipe. Of course, if you just want to eat my Boil-in-Bag Whole Grain Brown Rice by itself, that would be fine too."



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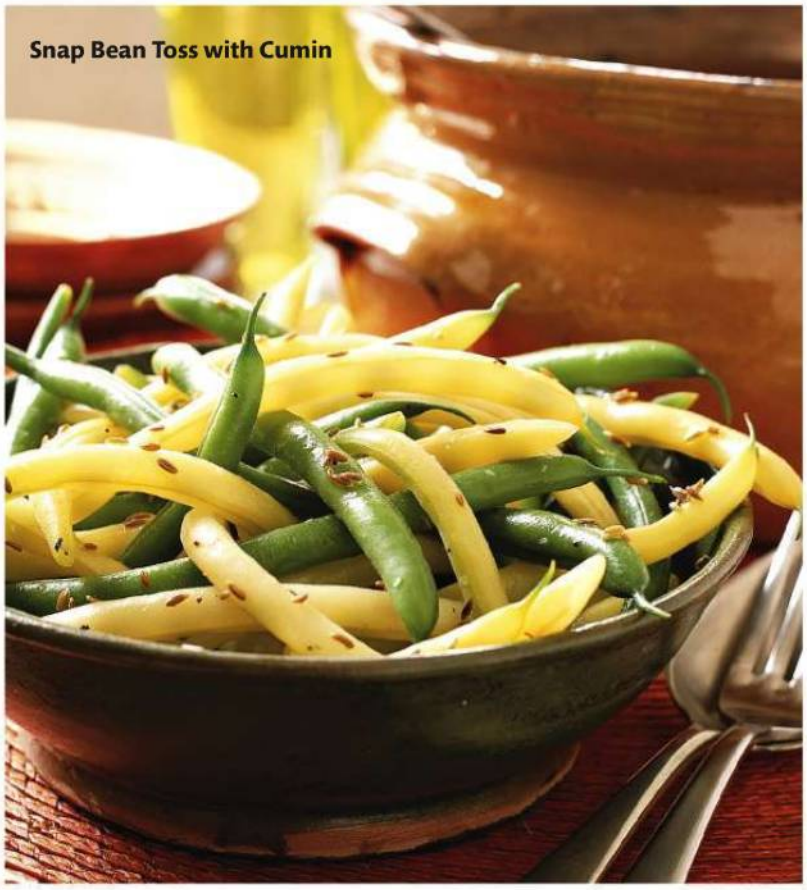
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PER SERVING (¾ CUP): 74 CAL, 4 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 239 MG SOD, 10 G CARB, 3 G FIB, 2 G PROT, 34 MG CALC. ***POINTS* VALUE: 1.**

IN THE KITCHEN Make this elegant salad ahead of time. Prepare the recipe as directed through step 2. Refrigerate the beans in a zip-close plastic bag and the vinaigrette in an airtight container overnight. Let the beans and vinaigrette return to room temperature; then toss to serve.

Snap Bean Toss with Cumin B

PREP 10 MIN **COOK** 20 MIN **SERVES** 4

½ lb fresh purple or green snap beans, trimmed
½ lb fresh yellow snap beans, trimmed
1 tsp cumin seeds
Juice of ½ lime
2 tsp extra-virgin olive oil
¼ tsp kosher salt
¼ tsp black pepper

1 Bring large pot of water to boil. Add beans and boil until crisp-tender, 4–5 minutes. Drain in colander. Rinse under cold running water; drain again. Transfer to large bowl.

2 Meanwhile, place cumin seeds in small skillet and set over medium-low heat. Cook, stirring frequently, just until fragrant, about 2 minutes.

3 Combine cumin seeds, lime juice, oil, salt, and pepper in small bowl; pour over beans and toss to coat. This recipe works with the Simply Filling technique.

PER SERVING (ABOUT ¾ CUP): 58 CAL, 3 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 106 MG SOD, 8 G CARB, 4 G FIB, 2 G PROT, 48 MG CALC. ***POINTS* VALUE: 1.**

FILLING EXTRA Serve these subtly spiced snap beans with pan-grilled boneless pork loin chops (a 3-oz cooked chop for each serving will up the *POINTS* value by *3*).

BONUS RECIPE!

LAMB BURGERS Preheat broiler. Mix 1 lb ground lean lamb, ¼ c chopped cilantro, 1 minced garlic clove, 1½ tsp cumin, ¾ tsp paprika, and ⅛ tsp cayenne; form into 4 patties. Broil 5 inches from heat about 6 minutes per side for medium. Serves 4. PER SERVING (1 BURGER) ***POINTS* VALUE: 4.**

PHOTOGRAPHY: ANN STRATTON.

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Snap Bean Succotash B

PREP 25 MIN **COOK** 25 MIN **SERVES** 4

1¼ lbs fresh green or purple snap beans, trimmed and cut into 1½-inch pieces
1 Tbsp extra-virgin olive oil
1 red onion, chopped
1 garlic clove, minced
1 zucchini, diced
2 plum tomatoes, diced
2 ears corn on the cob, husked and kernels removed
½ tsp kosher salt
¼ tsp black pepper
¼ c fresh basil or flat-leaf parsley leaves, cut into thin strips

1 Bring large pot of water to boil. Add beans and boil until crisp-tender, 4–5 minutes. Drain in colander. Rinse under cold running water; drain again. Pat dry on kitchen towels.
2 Meanwhile, heat oil in large nonstick skillet over medium-high heat. Add onion and garlic; cook, stirring occasionally, until softened, about 3 minutes. Add zucchini and tomatoes; cook, stirring occasionally, until zucchini is crisp-tender, about 3 minutes.
3 Stir in beans, corn kernels, salt, and pepper; cook, stirring occasionally, until hot, about 3 minutes. Serve sprinkled with basil. This recipe works with the Simply Filling technique.

PER SERVING (1¼ CUPS): 150 CAL, 4 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 210 MG SOD, 27 G CARB, 8 G FIB, 5 G PROT, 71 MG CALC. ***POINTS* VALUE: 3.**

IN THE KITCHEN If corn on the cob is no longer in season, substitute 2 c thawed frozen corn kernels.

Snap Beans with Chili Sauce B

PREP 10 MIN **COOK** 10 MIN **SERVES** 4

1 lb fresh green or purple snap beans, trimmed
1 tsp Asian (dark) sesame oil
2 large garlic cloves
1 tsp hot chili sauce
1 tsp packed brown sugar

1 Put beans in steamer basket; set in saucepan over 1 inch of boiling water. Cover tightly and steam until beans are crisp-tender, 5–6 minutes.
2 Meanwhile, heat oil in large nonstick skillet over medium-high heat. Add garlic and cook, crushing it with wooden spoon, until fragrant, about 30 seconds.
3 Stir in beans and chili sauce; sprinkle with brown sugar. Cook, stirring frequently, until beans are lightly browned and tender, 5–6 minutes.

PER SERVING (1 CUP): 49 CAL, 1 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 26 MG SOD, 9 G CARB, 4 G FIB, 2 G PROT, 41 MG CALC. ***POINTS* VALUE: 0.**

FILLING EXTRA For extra color, prepare this recipe as directed but add 1 c matchstick-cut carrots with the garlic in step 2 and increase the cooking time by 1 minute.

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recipes

WAKE-UP CALL

Fall Pear Sauce A

PREP 20 MIN **COOK** 15 MIN **SERVES** 8

6 Bartlett, Anjou, or Bosc pears (about 2¾ lbs), peeled and cut into ½-inch pieces
¼ c + 3 Tbsp water
Juice of ½ small lemon
¼ tsp salt
¾ c sugar

1 Combine pears, ¼ c water, lemon juice, and salt in large heavy saucepan. Cover and cook over medium-high heat, stirring frequently, until pears are softened but still chunky, 15–20 minutes. Remove pan from heat.

2 Meanwhile, combine sugar and remaining 3 Tbsp water in medium heavy saucepan. Cook over medium heat, stirring occasionally, until sugar is dissolved. Increase heat to high. Bring to boil, washing down sides of pan with pastry brush dipped in cool water to dissolve any sugar crystals. Boil, without stirring, until caramel turns dark amber, about 10 minutes.

3 Immediately remove saucepan from heat. Wearing long oven mitts to protect your arms and being careful to avoid any splatters, slowly pour caramel into pear mixture. Set saucepan over medium heat and cook, stirring constantly, until caramel dissolves, about 1 minute.

4 Divide sauce among 8 (½-cup) microwavable freezer containers and let cool completely. Cover and freeze up to 2 months. To serve, partially uncover 1 container. Microwave on Medium until thawed, 1–2 minutes. Transfer sauce to microwavable cup. Microwave on High until heated through, 45–60 seconds, stirring once after 20 seconds.

PER SERVING (GENEROUS ⅓ CUP): 151 CAL, 0 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 76 MG SOD, 40 G CARB, 4 G FIB, 1 G PROT, 13 MG CALC. ***POINTS* VALUE: 2.**

IN THE KITCHEN The pears you choose will make a big difference in this recipe. The harder they are, the longer they will take to cook in step 1. It's best to choose pears that are soft to the touch but not squishy.

Kitchen Coach

PEAR HINT How can you tell if a fresh pear is ripe? With the exception of Bartletts, whose skin brightens when ripe, pears show little change in color as they ripen. To check, gently press the neck of a pear with your thumb. If it yields, it's ripe.

You Can Freeze Eggs!

Eggs about to expire? First check the carton: Chilled eggs will keep 4 to 5 weeks beyond the package date (or about 3 weeks after you bring them home). Time's about up? Don't toss them—beat and then freeze them. Frozen eggs will keep up to 1 year, making them your go-to staple for breakfast and more. Here's what you need to know:

CRACK EGGS into a bowl; beat with a whisk just until blended.

POUR BEATEN EGGS into freezer containers, leaving ¼-inch headspace (to allow for expansion during freezing).

SEAL CONTAINERS and attach labels detailing the number of eggs and the date. Freeze.

THAW EGGS in the refrigerator overnight.

CHOOSE DISHES in which thoroughly cooked eggs are called for, such as scrambled eggs, frittatas, and baked casseroles. Use thawed eggs immediately.



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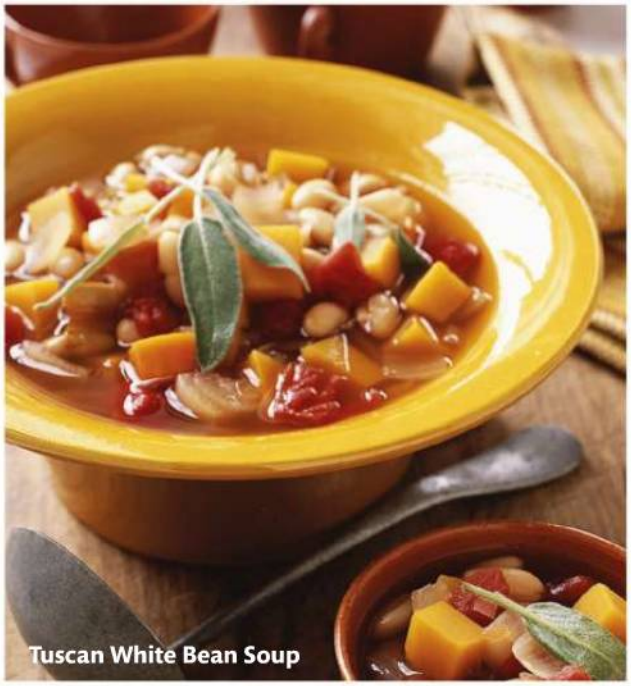
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MANGIA

Tuscan White Bean Soup B

PREP 10 MIN **ROAST/SLOW-COOK** 4 HR 35 MIN **SERVES** 6

½ (20-oz) package peeled cut-up butternut squash, cut into 1-inch cubes
2 onions, chopped
2 carrots, chopped
2 garlic cloves
2 tsp extra-virgin olive oil
2 (32-oz) cartons low-sodium vegetable broth
1 (29-oz) can cannellini (white kidney) beans, rinsed and drained
1 large fresh sage sprig
½ tsp kosher salt
¼ tsp black pepper
1 (14½-ounce) can fire-roasted diced tomatoes, drained
¼ c grated pecorino cheese
4 fresh sage leaves, for garnish


Tuscan White Bean Soup

1 Preheat oven to 450°F. Line large rimmed baking sheet with nonstick foil.
2 Combine squash, onions, carrots, garlic, and oil in large bowl; toss to coat. Spread vegetables evenly on baking sheet. Roast, stirring occasionally, until tender and browned, about 20 minutes.
3 Transfer vegetables to 5- or 6-quart slow cooker. Add broth, beans, sage sprig, salt, and pepper; stir to combine. Cover and cook until vegetables are fork-tender, 4–5 hours on high or 8–10 hours on low.
4 Remove sage sprig and garlic cloves with slotted spoon; discard. Stir in tomatoes. Cover and cook on high until flavors are blended, about 15 minutes. Serve sprinkled with pecorino. Garnish with sage leaves (if using).

PER SERVING (2 CUPS SOUP WITH 1 TABLESPOON CHEESE): 229 CAL, 3 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 3 MG CHOL, 976 MG SOD, 40 G CARB, 9 G FIB, 12 G PROT, 201 MG CALC. ***POINTS* VALUE: 4.**

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Fish Ragu B

PREP 25 MIN **SLOW-COOK** 2 HR 40 MIN
SERVES 6

1 (28-oz) can Italian-style diced tomatoes, drained
1 c low-sodium chicken or vegetable broth
½ c clam juice
1 large red onion, chopped
1 fennel bulb, chopped
1 Italian frying pepper or cubanelle pepper, diced
¼ c tomato paste with roasted garlic
2 Tbsp red-wine vinegar
¼ tsp red pepper flakes
½ tsp salt
¼ tsp black pepper
2 lbs cod fillet, skinned and cut into 1-inch chunks
1 lb fresh Swiss chard, trimmed and coarsely chopped

1 Combine tomatoes, broth, clam juice, onion, fennel, frying or cubanelle pepper, tomato paste, vinegar, red pepper flakes, salt, and black pepper in 5- or 6-quart slow cooker; stir to blend. Cover and cook until sauce is simmering and vegetables are tender, 2–3 hours on high.
2 Gently stir in cod and Swiss chard just until blended. Cover and cook just until cod is opaque in center and chard is fork-tender, about 40 minutes on high.

PER SERVING (ABOUT 1⅓ CUPS): 211 CAL, 3 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 81 MG CHOL, 745 MG SOD, 15 G CARB, 5 G FIB, 33 G PROT, 133 MG CALC.
***POINTS* VALUE: 4.**

IN THE KITCHEN To prep the Swiss chard, rinse it well under cold running water. Remove the leaves from the stems. Cut off the bottom third of the stems and discard; then chop the leaves and the remaining stems.

Warm Chocolate-Espresso Cake B

PREP 15 MIN **SLOW-COOK** 1 HR 45 MIN
SERVES 8

BATTER
1 c all-purpose flour
½ c packed brown sugar
¼ c unsweetened cocoa or unsweetened Dutch process cocoa
¼ tsp baking soda
¼ tsp salt
½ c low-fat (1%) milk
1 Tbsp light stick butter, melted
1 tsp vanilla extract
TOPPING
¾ c granulated sugar
¼ c unsweetened cocoa or unsweetened Dutch process cocoa
1¾ c hot water
½ tsp instant espresso powder

1 To make batter, combine flour, brown sugar, cocoa, baking soda, and salt in medium bowl. Add milk, melted butter, and vanilla, stirring until blended. Spoon batter into 4-quart slow cooker.
2 To make topping, mix granulated sugar and cocoa in small bowl; sprinkle evenly over batter in slow cooker. Mix hot water and espresso powder in liquid measure until powder dissolves; pour evenly over cocoa-sugar mixture (do not stir).
3 Cover and cook until toothpick inserted into center of cake comes out clean, 1¾–2 hours on high. Uncover and let cool 20 minutes. Serve warm.

PER SERVING (½ CUP): 208 CAL, 2 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 3 MG CHOL, 136 MG SOD, 48 G CARB, 2 G FIB, 3 G PROT, 41 MG CALC.
***POINTS* VALUE: 4.**

IN THE KITCHEN Treat yourself by topping each serving of this luscious dessert with ¼ c coffee low-fat frozen yogurt (and up the ***POINTS*** value by ***1***).

BUONO SLOW COOKER!

The secret to cooking Italian in the slow cooker? Adapting the classic ingredients in a way that works best for the technique. Here's how:

USE HERBS Try hearty fresh herbs, like rosemary, thyme, or oregano, in dishes with shorter cooking times, like fish or shellfish. Add more delicate herbs, like basil or flat-leaf parsley, at the end of the cooking time. For dishes that slow-cook more than 2 hours, use dried herbs.

TRY RISOTTO Use short-grain or Arborio rice. Heat olive oil in nonstick skillet over medium heat. Add rice and cook, stirring constantly, until well coated, about 2 minutes. Transfer to slow cooker. If the risotto seems dry at the end of the cooking time, add a little warm water.

STIR IN PASTA Use uncooked short pastas when making slow-cooker soups. About 35 minutes before the cooking time is up, stir 1 c tubetti, ditalini, elbows, or broken spaghetti into slow cooker. Cover and cook 30 minutes on high. For other dishes, cook pasta as directed on the stovetop; drain and add to the slow cooker during the last 30 minutes of cooking time.

ADD VINEGAR To perk up the flavor of soups or stews without using salt, add balsamic or wine vinegar to taste about 15 minutes before the end of the cooking time. Cover and cook on high until flavors are blended.

SWEET & SALTY

Sweet and Spicy Custards I

PREP 15 MIN **COOK/BAKE** 45 MIN
SERVES 4

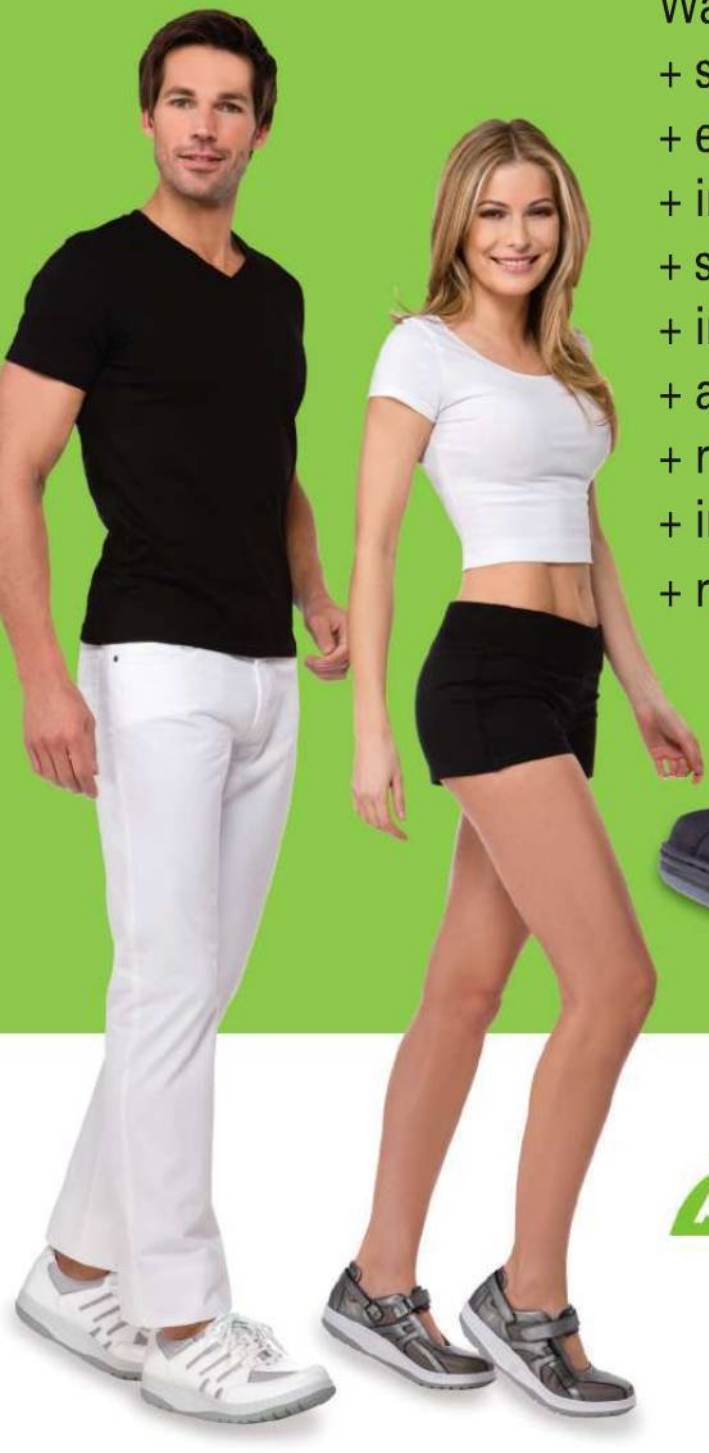
1¼ c reduced-fat (2%) milk
2 tsp whole black peppercorns, crushed
1 tsp coriander seeds, crushed
Pinch + ¼ tsp coarse sea salt
⅓ c fat-free egg substitute
1 large egg yolk
¼ c packed dark brown sugar

1 Preheat oven to 325°F. Bring milk just to boil in medium saucepan.

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Apples with Salted Caramel Sauce

Remove pan from heat. Stir in peppercorns, coriander, and pinch salt. Cover and let stand 10 minutes.
2 Whisk egg substitute, egg yolk, and brown sugar in medium bowl until blended. Whisk in ½ c milk mixture; then slowly whisk in remaining milk mixture.
3 Pour custard through sieve set over 2-cup glass measure or medium bowl. Discard solids. Divide custard evenly among 4 (6-ounce) custard cups or ramekins. Place cups in 9 x 13-inch baking pan. Add enough boiling water to pan to come halfway up sides of cups. Cover tightly with foil. Bake until custard is barely set around edges and still slightly jiggly in center, about 40 minutes.
4 Slightly cool custards in water bath 10 minutes. Carefully transfer to rack and let cool to room temperature. Cover each custard with plastic wrap and refrigerate until set, at least 3 hours or up to 1 day. Serve sprinkled with remaining ¼ tsp salt.

PER SERVING (1 CUSTARD): 116 CAL, 3 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 57 MG CHOL, 222 MG SOD, 18 G CARB, 1 G FIB, 5 G PROT, 147 MG CALC. ***POINTS* VALUE: 2.**

IN THE KITCHEN For the silkiest, smoothest custards, don't be tempted to overbake them in step 3. They will continue to firm up as they cool.

BONUS RECIPE! **TOASTED PUMPKIN SEEDS** **Place ½ c hulled pumpkin seeds in heavy skillet and set over medium heat. Cook, stirring constantly, until puffed and golden, 3–4 minutes. Remove pan from heat. Lightly spray with olive oil nonstick spray; toss to coat. Sprinkle with fine sea salt if desired. Let cool completely. Serves 6.** PER SERVING (4 TSP) ***POINTS* VALUE: 3.**

Apples with Salted Caramel Sauce A

PREP 15 MIN **COOK** 15 MIN **SERVES** 6

¼ c fat-free half-and-half
2 Tbsp light stick butter
¼ tsp fine or coarse sea salt
1 c sugar
3 Tbsp water
4 Gala or Golden Delicious apples, each cut into 6 wedges

1 Combine half-and-half, butter, and salt in small saucepan. Cook over medium heat until butter is melted and mixture is hot, about 2 minutes. Set aside.
2 Meanwhile, combine sugar and water in large heavy saucepan. Cook over medium heat, stirring occasionally, until sugar is dissolved, about 5 minutes. Increase heat to high and bring to boil, washing down sides of pan with pastry brush dipped in cool water to dissolve any sugar crystals. Boil, without stirring, until caramel turns dark amber, about 10 minutes.
3 Immediately remove saucepan from heat; let caramel cool 1 minute. Wearing long oven mitts to protect your arms and being careful to avoid any splatters, slowly whisk in half-and-half mixture, whisking until smooth. Transfer caramel to small bowl. Let stand, stirring occasionally, until thickened, about 15 minutes. Serve warm with apple wedges.

PER SERVING (4 APPLE WEDGES WITH ABOUT 4 TSP SAUCE): 214 CAL, 2 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 5 MG CHOL, 137 MG SOD, 51 G CARB, 3 G FIB, 1 G PROT, 19 MG CALC. ***POINTS* VALUE: 4.**

IN THE KITCHEN The salted caramel sauce is equally delicious served with pears, nectarines, or peaches.

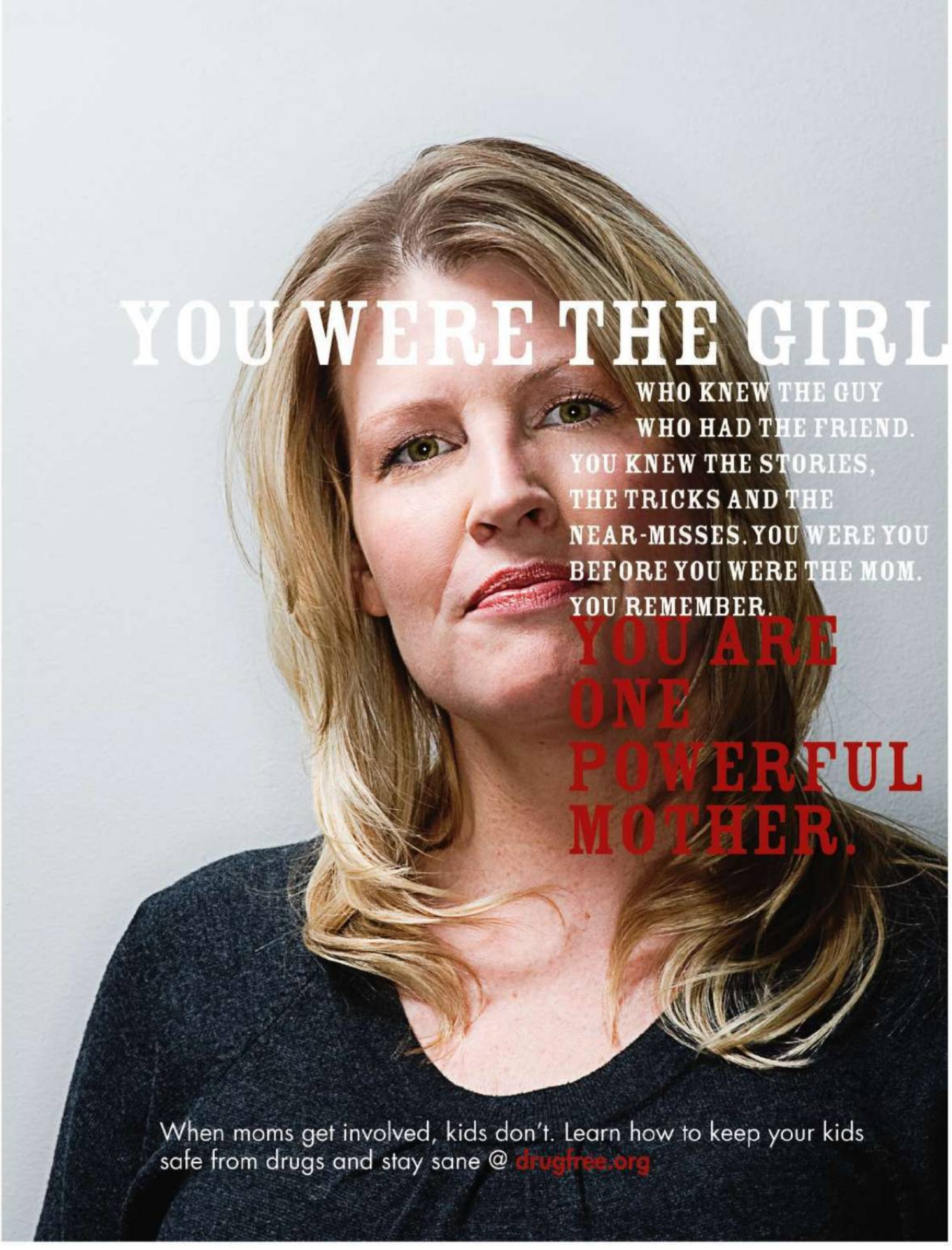
Pear and Apple Crêpes A

PREP 30 MIN **COOK** 25 MIN **SERVES** 4

CRÊPES
½ c all-purpose flour
½ c whole wheat flour
Pinch coarse sea salt
Pinch nutmeg
¾ c low-fat (1%) milk
¼ c fat-free egg substitute
Grated zest ½ small orange

PHOTOGRAPHY: MIHA MATEI

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FILLING
2 Bartlett pears, peeled and finely chopped
1 Golden Delicious apple, peeled and finely chopped
3 Tbsp packed brown sugar
Juice of ¼ lemon
3 tsp unsalted butter
¼ tsp coarse sea salt

1 To make crêpes, combine all-purpose flour, whole wheat flour, salt, and nutmeg in medium bowl. Whisk milk, egg substitute, and orange zest in small bowl. Gradually add milk mixture into flour mixture, whisking until blended; let batter rest 15 minutes.
2 Spray crêpe pan or small (6-inch) nonstick skillet with nonstick spray and set over medium heat until drop of water sizzles in it. Stir batter; pour scant 2 tablespoonfuls of batter into center of skillet, tilting pan to coat bottom with batter. Cook until top is set and underside is golden, 1–2 minutes.
3 Flip crêpe and cook until golden brown, about 15 seconds. Transfer to plate. Lightly spray skillet with nonstick spray and repeat with remaining batter to make total of 12 crêpes, spraying pan each time before adding more batter.
4 To make filling, spray large nonstick skillet with nonstick spray and set over medium-high heat. Add pears, apple, brown sugar, and lemon juice; cook, stirring frequently, until fruit softens and most of liquid is evaporated, about 5 minutes. Transfer filling to plate and let cool.
5 To assemble, lay crêpes on work surface. Spoon generous 1 Tbsp filling onto center of each crêpe; fold into quarters.
6 Melt 1 tsp butter in clean large nonstick skillet over medium-high heat. Add 4 folded crêpes in single layer and cook until golden brown and crisp, 1–2 minutes. Turn crêpes and cook until golden brown and crisp, 1–2 minutes. Transfer crêpes to heatproof platter in single layer; keep warm in oven. Repeat with remaining butter and crêpes to make total of 12 crêpes. Divide crêpes among 4 warm plates. Sprinkle evenly with sea salt.

PER SERVING (3 FILLED CRÊPES): 271 CAL, 4 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 10 MG CHOL, 210 MG SOD, 55 G CARB, 6 G FIB, 7 G PROT, 108 MG CALC.
***POINTS* VALUE: 5.**

IN THE KITCHEN If a crêpe develops holes in step 2, fill them in by dabbing each one with the bottom of the measuring cup.

SWEETER FROM THE SEA

While table salt is most commonly used in desserts, today's chefs have discovered the benefits of sea salt and kosher salt. Their flavor is bolder and cleaner, plus the large crystals add a delicious crunch. Use this guide to choose a sweet-friendly salt.

	DESCRIPTION	TRY IT ON	FIND IT AT
FINE AND COARSE SEA SALT	Less dense than table salt, so less obviously salty	Hot fudge sauce	Supermarket
FLAKE SEA SALT	Pyramid-shaped crystals; fresh ocean flavor	Frosted mini-cupcakes	Specialty stores*
ALAEA HAWAIIAN SEA SALT	Coarse reddish-pink crystals from volcanic red clay; sweet-salty flavor	Butterscotch pudding	Specialty stores*
KOSHER SALT	Larger and coarser than sea salt; block-like crystals with clean flavor	Frosted brownies or blondies	Supermarket
MURRAY RIVER	Flaky crystals with apricot hue; delicate flavor	Vanilla frozen yogurt	Specialty stores*

*Or order at saltworks.us.

ABOUT OUR RECIPES

We make every effort to ensure that you will have success with our recipes. For best results and for nutritional accuracy, please keep these guidelines in mind:

- Recipes in *WWM* have been developed for members who are following the **Momentum™** plan. We include ***POINTS*® values** for every recipe. ***POINTS* values** are assigned based on calories, fat (grams), and fiber (grams) provided for a serving size of a recipe.
- All recipes feature approximate nutritional information; our recipes are analyzed for Calories (Cal), Total Fat (Fat), Saturated Fat (Sat Fat), Trans Fat (Trans Fat), Cholesterol (Chol), Sodium (Sod), Carbohydrates (Carb), Dietary Fiber (Fib), Protein (Prot), and Calcium (Calc).
- Nutritional information for recipes that include meat, poultry, and fish are based on cooked skinless, boneless portions (unless otherwise stated), with the fat trimmed.
- We recommend that you buy lean meat and poultry, then trim it of all visible fat before cooking. When poultry is cooked with the skin on, we suggest removing the skin before eating.
- Before serving, divide foods—including any vegetables, sauce, or accompaniments—into portions of equal size according to the designated number of servings per recipe.
- Any substitutions made to the ingredients will alter the "per serving" nutritional information and may affect the ***POINTS* values.**
- All fresh fruits, vegetables, and greens in recipes should be rinsed before using.
- All Filling Extra suggestions have a ***POINTS* value** of ***0*** unless otherwise stated.

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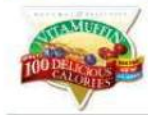
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shop guide

THE STORIES, pp. 32–43

On Angela *(p. 32)* TCEC Young Love red dress, $46, lulus.com; Milly Mietta shoes, $260, scarpasa.com; Amanda Sterett Elle gold earrings, $210, amandasterett.com. *(p.34)* Merona at Target gold sleeveless blouse, $22.99, target.com; Curve Appeal jeans, $88, nordstrom.com; Zinda Lya shoes, $210, scarpasa.com; Robindira Unsworth earrings, $313, robindira.com; Roberta Chiarella Mi Prima bangle bracelet, $25, robertachiarella.com.

On Ryan *(p. 32)* Zara shirt, $29.90, zara.com; Zara jeans, $59.90, zara.com; Calvin Klein shoes, $140, calvinklein.com. *(p. 34)* Forever 21 shirt, $22.90, forever21.com; Levi's 501 jeans, $49.50, levi.com; Tretorn shoes, $85, tretorn.com.

On Kimberly *(p. 36)* Kay Unger New York dress, $450, kayunger.com; Mixx Shuz Laura shoes, $34, lulus.com; Amanda Sterett Gwen sterling silver necklace, $380, amandasterett.com; Annie Band ring, $785, annieband.com. *(p. 39)* French Connection oil painting top, $88, frenchconnection.com; Curve Appeal jeans, $88, nordstrom.com; Mixx Shuz Laura shoes, $34, lulus.com; Amanda Sterett Suzanne gold necklace, $455, amandasterett.com; Olia Flashing Flower stone necklace, $150, oliadesigns.com; Robindira Unsworth bracelets (set of 3), $450, robindira.com; Roberta Chiarella Mi Prima ring, $48, robertachiarella.com.

On Josephina *(p. 40)* Collective Concepts Drop Me a Line dress, $59, lulus.com; Mixx Shuz Laura shoes, $34, lulus.com; Roberta Chiarella La Luna beaded necklace, $38, robertachiarella.com; Dinosaur Designs bangle, $265, dinosaurdesigns.com.au; Amanda Sterett Kate gold and blue earrings, $250, amandasterett.com. *(p. 43)* ABS by Allen Schwartz dress, $145, absstyle.com; Mixx Shuz Chloe shoes, $44, lulus.com; Amanda Sterett Kate sterling silver and pearl earrings, $185, amandasterett.com; Amanda Sterett Pulsera sterling silver bracelet, $365, amandasterett.com.

JUST BRILLIANT! p. 46

Black Opal Mineral Brilliance Eyeshadow Mosaic in Caribbean Blue, $8.95, walgreens.com; Jane Iredale Cream to Powder Eyeliner in Jewel Box, $26, shop.janeiredale.com; Bésame Vintage Alluring Eye Shadow in Pistachio, $14, unique-vintage.com; Mally Evercolor Starlight eyeliner in Ice Blue, $15, qvc.com; Napoleon Perdis eye pencil in Bottle Green, $18, napoleonperdis.com; La Prairie Luxe Eye Definer in Midnight, $50, laprairie.com; JK Jemma Kidd I-Conic Eyes Pencil Liner in Style Icon, $14, target.com; Wet 'n' Wild Color Icon Eye Shadow Trio in Cool as a Cucumber, $2.99, walgreens.com; Becca Jewel Dust Shadow in Nerida, $24, beccacosmetics.com; Avon Supershock Vivid Liquid Eye Shadow in Glistening Teal, $7, avon.com; Urban Decay Eye Shadow in Minx, $17, urbandecay.com.

JEANS FOR ALL! pp. 48–51

On model wearing boot-cut jeans *(p. 48)* Beija-Flor Ana Jean, sizes 0-16, $185, ilovethese jeans.com; Z. Cavaricci Couture blazer, $64, torrid.com; Only Necessities Bravo™ plus size bra tank, $7.99, onestopplus.com; Stuart Weitzman pumps, $365, stuartweitzman.com; Nugaard necklaces, $150–$160, nugaarddesigns.com.

On model wearing skinny jeans *(p. 49)* Beija-Flor Stephanie Jegging, sizes 0-16, $165, ilovethese jeans.com; Fashion Web shirt, $36, alight.com; Stuart Weitzman pumps, $365, stuartweitzman.com; Bombay Fashions bracelets, $8.99, bombayfashions.com; Cristina V. necklace, $189, cristinav.com. **On model wearing boyfriend jeans** *(p. 49)* Lee Gold Label Vintage Slim jeans, sizes 2-16 misses and petite, $44, lee.com; a.n.a. top, $34, jcpenney.com; Newport News embellished flats, $24, newport-news.com; Fantasy Jewelry Box black studded bangle, $19.95, fantasyjewelrybox.com; Fantasy Jewelry Box single thin bangle (9 piece set), $28.95, fantasyjewelrybox.com. **Other boot-cut jeans** *(p. 51)* Lane Bryant Distinctly Boot with Right Fit Technology, sizes 14-28, $49.50, lanebryant.com; Not Your Daughter's Jeans Victoria Trouser Jeans, sizes 14W-28W, $92, nydj.com; Z. Cavaricci Couture Sophia Boot-cut Jeans, sizes 12-28, $65, torrid.com. **Other skinny jeans** *(p. 51)* Svoboda Blue Stone Five Pocket Knit Jeggings, sizes 10-28, $118, svobodastyle.com; Torrid Source of Wisdom, sizes 12-32, $52, torrid.com; Old Navy Plus Skinny Jeans Dark Wash, sizes 16-30, $32.50, oldnavy.com. **Other boyfriend jeans** *(p. 51)* Levi's Boyfriend Jeans Plus, sizes 16-24, $48, levi.com; KUT from the Kloth Boyfriend Jeans, sizes 14W-24W, $69, kutdenim.com; CJ by Cookie Johnson Plus Size "Love" Straight-Leg Boyfriend Jean, sizes 14-24, $187, nordstrom.com.

MODEL BEHAVIOR, pp. 106–109

On Heather Worthington at JCPenney high-waisted purple skirt, $44, jcpenney.com; Old Navy fuschia tank, $12.50, oldnavy.com; Chie Mahara "Carinyo" fuschia pumps, $360, chiemahara.com; Allison Daniel circle earrings, $68, allisondanieldesigns.com; Wendy Mink pink and purple stone bracelet, $165, wendyminkjewelry.com.

On Alycia Alfani top, $69, macys.com; Mainstreet Blues jeans, $29.99, onestopplus.com; Guess by Marciano gold platform heels, $198, guess.com; H&M gold bangles, $3.95, hm.com; Isharya ebony lunar blue cuff, $215, isharya.com; Isharya ebony square bangle turquoise, $275, isharya.com; Wendy Mink earrings, $98, wendyminkjewelry.com.

On Catherine Rebecca Taylor blue and white dress, $350, rebeccataylor.com; Guess bronze and black shoes, $99, guess.com; Nashelle earrings, $110, nashelle.com; Sorrelli cream and gold bracelet, $57.20, sorrelli.com.

On Alexandra Adrianna Papell floral dress, $160, adriannapapell.com; Allison Daniels daisy necklace, $98, allisondanielsdesigns.com; Martine Wester gold bracelet, $28, us.martinewester.com

On Arlene Twinkle by Wenlan black and white top, $245, twinklebywenlan.com; Zara beige pants, $39.90, zara.com; Fancy Sexy Me black and gold necklace, $99, fancysexyme.com; Coye Nokes peep toe pumps, $450, coyenokes.com.

On Sarah Donna Morgan geometric print dress, $128, donna-morgan.com; Coye Nokes shoes, $510, coyenokes.com; Annie Band earrings, $298, annieband.com.

LOSE YOUR BAGGAGE? pp. 110–113

Dolce & Gabbana Heather Tote, $1,450, neimanmarcus.com.

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